

Natural Plant Cures and Secrets Revealed

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Introduction

Thank you for purchasing this e-book. I am sure you will find it a great resource of information that you can use to treat some of your illnesses, and perhaps cure or ease the pain of long term conditions. I wrote this book based on the information collected from research I did over 7 years, after falling ill many years ago with a stomach condition. The doctor's medications weren't helping or curing the condition. Much of the information is Public Domain and took a great deal of time to collect and bind in my own words in to a useful encyclopedia for easy reference and identification of plants for medical uses or medical uses for plants that can be used for a certain ailment.

Being a lay person regarding herbal remedies when I began my research and e-book, I was amazed at how many plants are out there in the world, and what they have been used for over the centuries to cure. I am sure you will be as well.

Since many of the modern medicines stem from the original compounds found in plants, it makes sense that the old plant extracts can still play a big role in keeping us healthy. You hear now and then, botanist's adventures in South America and remote places in the world looking for new undiscovered plants that could benefit man from their hidden properties, and perhaps find the magic cure for cancer and other diseases. They isolate the compounds and synthesize them into a pill you can swallow. With the destruction of rain forests by over logging you've got to wonder what's being lost to man forever. Remember the movie 'Medicine Man'?

I have assembled the most known and common plants and herbs in this e-book.

It is impossible to include every known cure by plant, as the book would never be finished and would be very large in size (100s of megabytes), especially with so many true colour reference photographs. However, if you feel something is missing or should be included in the next revised edition or second e-book, or just want to comment you can email me at admin@naturalplantcures.com

Note that some natural remedies are other than plant extracts and compounds so don't discount them if a plant cure doesn't cover an illness, as they offer health benefits and cures. Examples of these are clays and bacterial whey. This e-book only covers plants and how to recognise them and prepare them for your own herbal remedies.

Precautions should be followed in the use of any medicines. What may work on the majority of people may be disastrous for a small number of people. Also, over dosing or misuse of plants extracts, can be fatal, like eating the wrong parts, such as the leaves and not the roots of a plant, or eating the wrong type of berry, such as the black and red elder berries. Some people might have reactions and allergies, which are common even in every day foods. Make sure you identify the correct plant if you are growing it naturally yourself, and the preparation is crucial. If buying products to consume make sure they are creditable and beware some dilute the contents of the product. Capsules may contain the pure product and additives.

Some might fool you when buying a root of a plant that is really the stem, example being ginger root, which could make you sick, rather than well.

Generally, never use internal medicines, if you are pregnant, or give to young children, unless it is stated as safe and within age groups, such as over the ages of 8. Natural medicines are like normal drug medicines and should be treated the same.

Long term use versus short term use can be a factor, as well of the effectiveness and safety. Finally, if you suffer a condition like diarrhoea and headaches daily, it's always advised to seek a doctor's opinion, as it could be something more serious.

Author:
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New Zealand, (April 2005)

My Story

Years ago I was very ill with my bowel and stomach, unable to keep food down and a sore bottom from acidity type diarrhoea and general irregular stools. I also rapidly lost 3 stone in weight over 4 months. Doctors were unable to prescribe a magic pill and said my condition was brought on 'POSSIBLY' from stress in my work environment causing an irritable stomach and bowel, but they didn't have a clue how to help me. They did an endoscopic examination and found the stomach only red and irritated, and found no ulcer or tumour like they were expecting. They however didn't do intestine or bowel examination at the time, which I thought was odd. A tumour could have been hiding there. One month later and still as ill, a friend mentioned a compound called Essiac (*see Sheep Sorrel for 1 Recipe and Formula*), that had cured a similar condition of their family member.

So I began my own research to find out more and how to order it.

I found a source of the compound tea and ordered a 6 month supply, and brewed 3 times daily a warm tea from the powder to sip. My condition reversed just over 2 weeks of taking it, but took another 4 months to be fully well again. My hunger came back with a vengeance and no more dry retching / vomiting. Another thing that has amazed me since taking this Essiac is that I have never gotten the flu again and it's been 8 years since the 6 months of taking it. Family, friends and kids with bad flu's and coughs have been near me at home and work, but I have never caught it. I may have gotten a mucus sticky throat, now and then, but it always seemed to disappear over night. I suspect it has indeed boosted my immune system in some way. Perhaps I should take a top up every so often to keep it that way? Of course, it may not work for everyone but my personal experience, it was the magic bullet.

When you are so ill and nothing seems to be working, you will try anything out no matter the cost, if it offers some relief. When it came to crunch, money and job were certainly less important than ones own well being. I think it takes an impact like that in ones life to get a wake up call about what's really important in life.

I was cynical about herbal treatments and teas. Even my doctors laughed when I told them how I was taking ginger tea to relieve my stomach condition, but that didn't stop me from taking it, because it was working and giving me some relief. It was months later, I discovered a better tea called Essiac that reversed my condition completely. I never went back to my doctor about my vomiting sickness after that, and I never told them what I took that cured me.

I still occasionally take slippery Elm (one ingredient of Essiac) in a capsule form, to control stomach acid and reflux as it keeps my stomach from being sore.

If you are like me in that you get reflux after taking other 'meds', you might be amazed at how well slippery elm works to relieve it. It works on ones mucus system some how. It amazes me how any one would think of pulling bark off a tree and grounding it up and eating it, or take charcoal for that. Some one did way back and had some result and told of its powers, else it would have been lost to all. I saw a program on TV about drinking special charcoal for radiation sickness or poisoning from nuclear wars and alike. It seems the carbon attracts the other chemicals in the body like a magnet and then is flushed out the body as a waste product, reducing the damaging effects. It makes sense doesn't it.

If slippery elm does do the trick, try taking a Aloe Vera juice daily, as I heard friends recommend it as it fixed their stomach ulcer up better then the strong meds the doctor was prescribing to reduce acid build up. I doubt once you give it a go you won't need to go back to those expensive powder anti-acids!

My Story - Continued

A lot of the old remedies and herbal treatments are not supported by drug companies, FDC and alike. Therefore, many can't make claims of the benefits. That doesn't stop me from telling you my story and results. You make up your own mind. After all, you can get reactions and side effects on anything you consume, even food. Excessive food consumption can kill you, but food is a necessity for life.

A final note. You may think combining herbs with similar properties could be better, but in some cases it can have the opposite effect. Also, the interactions of compounds in juices or extracts change the effectiveness. This is the same result you get even taking fruit juices with modern drugs. It can change the absorption rates or block absorptions or modify the compounds from the chemical interactions. Herbalists for many years have experimented with dosages and combinations. So if you are in doubt, just take the pure single herb and take different herbs 1 hour apart to allow the stomach to process and interact with you. Start on lower doses until you know how it interacts with you and then increase the dosage to the stated amounts is wise, unless there are no warnings or is explicitly stated. This is more the case for internal use. External uses are generally safer. Having said all that, combining some Herb or Plant extracts in calculated and tested quantities can also improve the effectiveness of certain cures or remedies.

This e-book is the result of finding a cure for an illness I had, and the information collected over the years from my interest in plant cures, and hope it can benefit others in a similar way.

It may not be stated in recipes, but recipes using water should ideally be made using distilled water where possible to avoid reactions with additives found in standard tap water. The chemicals added to tap water to make it safe to drink are actually poisonous, but in weak solutions only kill bacteria and not the host. In any case, pure water tastes so much better

[[Water Distiller - My favourite](#)] [[Find Tap, Faucet, & Pitcher Water Filters Here](#)]

Lastly, note that I have used English spellings over American spellings throughout this e-book unless specified by brackets [] ().

Terms and Meanings

Here is a list of terms you might come across in the rest of the e-book, which you may not be sure about. The list consists of each word with its brief description.

Infusion - a solution obtained by steeping or soaking a substance (usually in water).

Steeping - refers to soaking in a liquid to cleanse, soften, infuse or saturate with that liquid.

Tonic - a medicine that strengthens and invigorates that is generally in liquid form. Not to be confused with Tonic water a popular as a mixer, which is also called "quinine water." It refers to an herbal remedy taken to maintain health or ward off illness, rather than to treat an illness. It is also known, as a normalizer and is typically taken for an extended period of time to strengthen and enliven the whole or specific parts of the body.

Tea - An infusion made by pouring boiling water over an herb (usually 1 teaspoon of herb to 8 oz. of water. You then let it sit in a covered dish until desired strength is achieved. The herb can be a powder compound, or even leaves of a plant.

Tincture - An alcoholic solution of a medicinal substance.

Decoction - (pharmacology) the extraction by boiling of water-soluble drug substances

Laxative – a substance that promotes bowel movements.

Enema - Are used to detoxify the body and evacuate the bowels such as using coffee enema's to cleanse the intestine and colon track. The liquid is placed into the rectum using a rubber tube then left for 15-20 minutes where the person goes to toilet to evacuate it all.

Drachms - A unit of weight originally equal to the weight of a drachma; an apothecaries' weight of 1/8 ounce (60 grains)

Ounce [Abbrev: oz] - 1 ounce = 28.3495231 grams

Gram [Abbrev: g or gm] - a metric unit of weight equal to one thousandth of a kilogram.

Pound [Abbrev: lb] - one pound = 453.59237 grams

Teaspoon [Abbrev: tsp] – one US teaspoon = 4.92892161 millilitres

Tablespoon [Abbrev: tblspn] - one US tablespoon = 14.7867648 millilitres

Cup - a United States liquid unit equal to 8 fluid ounces.

Fluid Ounce - 1 US fluid ounce = 29.5735297 millilitres.

Millilitre [Abbrev: ml] - The millilitre (ml or mL, also spelt milliliter) is a metric unit of volume that is equal to one thousandth of a litre.

Pint [Abbrev: pt] – 1 US pint = 473.176475 millilitres. A British imperial capacity measure (liquid or dry) equal to 4 gills or 568.26 cubic centimetres

Inulin - A fructan and storage carbohydrate, belonging to a group of naturally-occurring carbohydrates containing non-digestible fructooligosaccharides [Abbrev: FOS] and is known to exist in over 36,000 plants like artichoke. It is used widely because of its health properties but new research says some people have severe reaction to Inulin causing tissue swelling and breathing problems. Inulin increases calcium and magnesium absorption, and may improve fat metabolism and function of the gastrointestinal tract. It's added to a lot of processed foods to give it more taste and texture and as fat replacement and for fibre enrichment.

Low Glycaemic Index [Abbrev: Low GI] - The GI index ranks carbohydrates according to the extent they raise blood sugar levels after eating. Low GI foods, give gradual rises in blood sugar and insulin levels, and are therefore beneficial to our health especially Diabetics.

Catarrh - The inflammation of the mucous membranes.

Where To Buy Herbs, Herbal Teas, Herbal Products and Raw Material

Mall / Shop #1:

[Kalyx Supplies \(usa\) - Ships Internationally](#)

Mall / Shop #2:

[Mothernature Herbal and Health Product Supplies \(usa\)](#)

Mall / Shop #3:

[MountainRoseHerbs Organic Herb and Product Supplies \(usa\)](#)

Mall / Shop #4:

[ClixMall - Find over 93,000 Items online](#)

Mall / Shop #5:

[MegaMall - 100s of Merchants , Gifts, Home and Health](#)

Mall / Shop #6:

[USAmall - 100s of Merchants \(Homewares, Kitchenwares, Healthwares\)](#)

Mall / Shop #7:

[ABMAshop Books and Homeware Index \(find more info - search Garden and Herbal Paperback books or Water Filters and Distillers and more\)](#)

Alphabetical list of Plant Remedies/Medical Cures

Plants | Herb Names

Aloe Vera / True Aloe (Aloe barbadensis)

Medical Uses



Skin Rash, Antipruritic, and Sun Burn reliever, Eczema, Psoriasis and Skin problems reducing, and general Skin reviver:

Squeeze the plants inner sap (called 'gel') from the leaf of the plant and rub it into the affected area of skin. It will penetrate all layers of the skin as its absorbed providing a cooling and healing affect. It will also dilate capillaries, increasing blood flow. The Proteolytic enzymes will break down dead tissue cells making the skin look less aged.

Local anaesthetic, Surface skin and inner joint, Arthritis and Gout, and sore muscle pain reliever:

(As above applying the Jel on the affected area)

Antibacterial, Antifungal, Anti inflammatory on skin:

Applying the Jel directly on the affected area and wrapping with plastic film, so the gel remains in contact for as long as possible on the surface. Re-Apply as needed until condition subsides.

Reduces bleeding both topically and below the surface (Hemostatic agent):

(As above applying the Jel on the affected area)

Immune system enhancer, Irritable Bowel Syndrome, Stomach Ulcers, Inflammation and Stomach acid reducing and general stomach calmer and Chronic Fatigue and Stress reducing:

Drink an infusion tea made from 1 teaspoon of fresh gel extract, dissolved in one cup of hot water for 5 minutes and then drunk 1 to 3 times a day or when needed. It is safe to use and drink for long term and will taste bitter because of the aloin content. If you would rather not make your own infusion, it is very common now days to find ready made non-bitter true Aloe Vera drinks from health stores that combine other plant extracts like the chamomile plant for extra stomach soothing.

Facts:

Although there are over 250 species of Aloe Vera, Only five have medicinal properties. The most widely used variety world wide is Aloe Barbadensis Miller.

Aloe Vera is Indigenous to tropical Africa.

Aloe Vera is a tropical plant that has been used for over 5000 years for safe, natural internal and external remedies of all ages, from infants to adults.

True aloe or Aloe Vera is often called the 'Miracle plant', or the "Natural Healer".

It was first used by Egyptians for medical remedies as stated on a papyrus, dated 3500 BC. It since has been

used by the Chinese, Creeks and Romans cultures for medical and beauty creams.

Aloe Vera looks like a cactus, but is in fact a member of the lily family that is related to onions, garlic and asparagus.

It is an easy plant to grow world wide, and is happy to grow in a pot of sandy dry soil, inside the house near a window with weekly and moderate watering so only the top inch is wet, as too wet soil will kill it. It flourishes in warm and dry climates, and older plants may bloom bright flowers red or yellow in colour. The plant propagates from side shoots that sprout around the middle section of the plant, which are easily broken off the mother without damage.

The leaf's inner sap is thick, clear gel made up of 95% water which contains over 75 different key nutritional compounds some of these are;

Vitamins' B12, C (Ascorbic Acid), E and Beta Carotene, enzymes such as Lipases and proteases, anthraquinones, salicylic acid, calcium, manganese, zinc, copper, chromium, sodium, magnesium, potassium and iron, saponins, lignin and amino acids. It has very low Carbohydrate and zero fat content.

Angelica (Angelica archangelica)

Medical Uses

Loss of Appetite, Stomach cramps and inflammation, and Indigestion reliever:

Take 5 to 10 drops of tincture made from the root in 1 cup of water, 30 minutes before meals.

Bronchitis, coughing relief and immune system enhancer:

2 to 3 drops of tincture made from the plant's root in the mouth and swallow every 1 to 2 hours. It has an antimicrobial and soothing effect to the nasal and mucus membranes of the mouth, throat and lungs.

Facts:

There are 56 varieties of Angelica and all have similar properties.

Mostly the root and seeds of the plant are used for medical purposes, since they contain the most active compounds. It can grow to 8 feet high with bright green leaves that are made up of three finely toothed leaflets with ribbed hollow stems with purple to yellow colouration. It has yellow and white flowers that only show 2 to 3 years a part being a biennial plant.

It only grows in warm climate areas and prefers rich soil.

The leaves that have a celery type taste are used in salads and to flavour fish meals by leaf wrapping or paste and it acts as a preservative because of its antibacterial effects, and the chopped stems used in stewed fruits like rhubarb.

The seed of the plant are used to make a type of liqueur called Vespetro.

It was the main herbal remedy used throughout the middle ages to combat the black death (the plague), perhaps the reason for its godly naming?





Chest tightness, Bronchitis, Tracheitis or a Mild Asthma Attack reliever:

Drinking Concentrated aniseed oil of 4 drops in warm water or regular infusion tea made from the dried seeds or fruits of the plant and drink when needed. You can also chew the seeds inhaling the flavours in the throat and lungs.

Expectorant for hacking coughs and catarrh:

(As above)

Improves Digestion and ease griping, intestinal colic and flatulence:

Chew and swallow up to a dozen seeds or take infusion tea as needed.

Facts:

Indigenous to Turkey, but now grown all over the world. It grows up to 60cm in height. Only the seeds from the fruit are used in whole for its oil or ground into a powder. The fruits are covered with short hairs with each fruit containing two dark seeds with light ribs. The aniseed seeds are often used in confectionery and used to flavour some food and drinks.

Cautions:

Pimpinella and Illicium verum (Chinese star anise) should not be confused with Japanese star anise (Illicium lanceolatum) which is poisonous.



Diarrhoea control:

Finely, grated apples are ideal for babies or 1 to 2 Apples for Adults eaten daily.

Reduce build-up of arterial plaque, Heart Disease, Cancers:

Adults eating 2 apples or drinking 10-12 ounces of raw apple juice daily.

Facts:

The average apple contains about 4-6 grams of fibre pectin, which is important in normal bowel function, and like grapes has flavonoids which may prevent bowel and other cancers by inhibiting the growth of colon and prostate cancer cells. It also contains vitamin C.

The bark and roots of most Apple trees (*Malus* species) contain phloretin, and also an antibiotic-like compound that acts on certain bacteria, which is still being investigated.

Its said The apple tree originated in an area between the Caspian and the Black Sea and have been eaten since 6500 B.C.

Apple trees take four to five years to produce their first fruit. The fruit colours ranging from yellow, green and red with shades in between.

[Apples Continued]

There are 7500 varieties of apples are grown throughout the world with the World's top apple producers are China, United States, Turkey, Poland and Italy.

The Lady or Api apple is one of the oldest varieties in existence and the Red Delicious the most grown apple in America.

Some of the popular varieties are; Royal Gala, Golden and Red Delicious, Cortland, Northern Spy, Granny Smith, Mutsu, Ashmead's Kernel, Rob Roy, Spartan, Gravenstein. Pitmaston Pineapple, Ambrosia, Newton, Yellow Beauty, York Imperial, Jonathan, McIntosh, Grimes Golden, Red Astrachan, Rambour, Rose of Caldar, Stark Crimson, Cellini, Gray Denet, Stayman, Roman Beauty, Baldwin, Wealthy, Annurca, Yellow Newton and Red Richard.

Warnings:

Avoid eating the apple seeds (also pairs). It's known a cup of seeds can kill an adult as it contains enough cyanogenic glycosides that yield hydrocyanic acid (HCN) when consumed inhibits respiration and causes spasms.

Arnica (Arnica montana)

Medical Uses



Inflammation of the veins, varicose veins and thrombosis treatment:

Combining the flower heads with other herbs like Yarrow and St. Johns Wort and drank as a standard infusion tea. Ideally, fresh herbs will be better than dried extracts. Soak equal amounts of each herb in 1 cup of warm water for 10-15 minutes.

If using dried herb then 1 teaspoon of dried flowers with 1/2 cup boiled water and steep for 10 minutes.

It will also have a diuretic action producing more urine.

It stimulates the activity of white blood cells that perform much of the digestion of congested blood cells in the body and veins.

Avoid long term use and never over dose as can have bad side effects. (see warnings),

Safest for this treatment is to take it externally, in an herbal hot bath allowing the chemicals to absorb through the skin layers and surface blood vessels.

Helps heal dried wounds, bruises, arthritis, Gout, and skin and joint irritations:

A tincture made from the flowers of 1 to 2 teaspoons to 1 cup alcohol left for 5 days, strained and then take 5 to 10 drops added to 1 cup of warm water and then rubbed on to the affected area.

Only used in weak solution as concentrate can cause inflammation and blisters. Never use on open wet deep wound.

Facts:

Arnica is a perennial plant which is also commonly called leopard's bane.

The arnica plant has bright yellow, daisy-like flowers, with a brown coloured horizontally branched rootstock which sends up a slightly hairy, simple branched stem that reaches a height of 1 to 2 feet.

It has been used for hundreds of years especially in Germany where the flowering heads are used in many remedies. It is used externally in more medications.

Warning:

The internal use of Arnica is not suggested. It can cause vomiting, weakness, increased heart rate or heart damage, and even nervous disturbances, and even worse in some cases it has caused death from poisoning from over dosing and prolonged use.

Artichoke (Cynara scolymus)

Medical Uses



Reduces Cholesterol and Triglycerides, and Gout prevention and reduction (i.e. flushes Uric acid from the body):

Drink an infusion tea make from 1 to 2 teaspoons of dice fresh leaves in to 1 boiled cup of water and drink 3 times daily 30 minutes before meals.

Up to the maximum of 6 to 8g a day of the extract.

Also consume 1 boiled medium bulb with a main meal.

Increases bile production and Liver tonic preventing gall and urinary stones, and curing of Jaundice:

Drink an infusion tea make from 1 to 2 teaspoons of dice fresh leaves in to 1 boiled cup of water and drink when needed.

Up to the maximum of 6 to 8g a day of the extract.

Constipation reducer (high natural fibre) and Health properties (trace elements):

Eat 1 to 3 small artichoke boiled bulbs once daily with main meal.

Gastrointestinal complaints, natural diuretic and digestion aid, irritable bowl syndrome, Relieves diarrhoea, nausea, vomiting, abdominal pain, heartburn, and bloating:

Drink an infusion tea make from 1 to 2 teaspoons of dice fresh leaves in to 1 boiled cup of water and drink when needed.

Up to the maximum of 6 to 8g a day of the extract.

Beneficial to atherosclerosis treatment:

(As above, Infusion tea 1 to 3 times daily)

Bonus recipe - Artichoke Dip:

28oz of canned or fresh artichokes hearts
2 cups of FRESH grated Parmesan cheese
1 cup of mayonnaise
Salt and pepper

Coarsely chop the artichokes (drain if canned). Combine chopped with the cheese, and mayonnaise into a microwave or oven-proof serving dish. Microwave on high heat for 5 minutes, pausing occasionally to stir, to ensure that the dip gets heated evenly. Add fresh ground pepper and salt and taste it to your own liking.

Finally, serve with thinly sliced toasted bread, like French baguettes, crackers, or similar.

[Artichoke Continued]

Facts:

"Global" Artichokes an unlikely-looking vegetable do not normally produce a seed head; they often produce large bulbils that protrude from the lower third of the stem with purple coloured thistle-like flowers.

It is a large plant from the thistle family and has tough, petal shaped prickly leaves

Not to be confused with the Jerusalem artichoke (like a nobly ginger root with a dusty brown skin and a creamy white, crisp and sweet interior that has a taste to that of the water chestnut) or the Chinese/Japanese artichoke which are totally unrelated and are only grown for their tubers in colder climates, and have their own health properties.

A typical artichoke bub of the plant has about 15-25 calories, zero fat, potassium, vitamin C, B, E and provitamin A, folate, magnesium, manganese, copper, iron, zinc and calcium, dietary fibre, and high mineral and trace element content, flavonoids, caffeoylquinic acids, caffeoylquinic acid derivatives, luteolin, scolymoside, cynaroside, chlorogenic acid (a powerful antioxidant).

It also contains 'Cynarine' and 'scolymoside' which have been shown to stimulate bile production and bile secretion and lower cholesterol.

It also contains a medium amount of inulin, a carbohydrate that gives the artichoke its slightly sweet taste.

It's been used as a digestive aid dating back to the Roman Empire, and as a liver tonic to treat jaundice dating back to the 1700's.

It originated from the regions of the Nile in Egypt, and now grown world wide in warm climates. It has been a tradition food for centuries dating back to 500bc, where its bubs have been eaten with main meals as a gourmet treat, a base topping for pizza's or used to make dips of incredibly rich, nutty flavour.

The flowers and leaves have also been eaten with salads.

The leaves of the plant were generally discarded and not eaten until it was discovered they contained high active medical ingredients for internal organs.

It generally grown in California's mid-coastal region.

Warnings:

Avoid eating or extracts, if you are suffering from biliary obstruction since it increases bile and avoid if breastfeeding as it may hinder lactation.

People with allergies to the Compositae family should avoid it. May increase in flatulence.



Cholesterol Reducer and Liver Damage Preventative:

Eat 1 or 2 ripe raw fruit daily will help lower Cholesterol levels and keep the liver healthy.

Facts:

Avocado is native to Central America and was eaten by the Aztec, Mayan and Inca peoples.

The avocado is widely considered a vegetable, since it is commonly used in salads. However, it is actually a fruit that tastes like a vegetable.

The rich, pale yellow-green flesh of the pear-shaped fruit has a texture likened to a firm ripe banana, with a smooth and buttery, nutty flavour.

It has many other names as follows; avocado, avacado, avocat, abacate, alligator pear, avocado pear, Fuerte, Gwen, Hass, Pinkerton, Reed, Zutano, aguacate, ahuacatl.

Avocados do not ripen until picked, and turn from green to black as they ripen, and quite heavy for their size. Avoid any with bruises or soft spots, and those with a hollow between the flesh and skin. A bad fruit is found by shaking the avocado and if the pit is loose, reject it. The flesh of ripe fruits will yield when pressed gently. Only refrigerate the fruit only once it's ripe where it will last up to 10 days. To ripen faster place it in a paper bag for 2 days.

You only eat the soft inner and discard the hard black-green skin and big brown stone in the middle.

Often seasoned with pepper and salt and eaten with a small spoon or used as a healthy buttery spread for rolls and sandwiches or just a party Dip.

Avocado is one of the highest-fat fruits, so people with heart disease often avoid eating them. But it's found that eating them in a regular diet with other mono unsaturated fats like olive oil can lower cholesterol by as much as 8%, and is therefore beneficial to reduction of heart disease.

The fruit may have fat, but it's a mono unsaturated fat, known to be a good fat our bodies need.

Avocados are nutrient dense in potassium, folate, dietary fibre, vitamin C, vitamin E, riboflavin and vitamin B6, and cholesterol-free, sodium-free.

Health Tonic and Energy Boost, Weight Gain and Constipation and Stomach Ulcer Reduction:

Eating one fresh banana a day is a great health tonic and natural fibre, either blend it with other great fruits like apple and kiwi fruit and drink or just eat naturally. If lacking energy eat from 1 to 3 bananas a day or when needed. Two bananas provide enough energy for a strenuous 90-minute workout. If you eat a lot of bananas a day (2 to 5), and not burn it off by exercising, you will gain weight, as it is high in starch content which will be converted in to body fat. This is the fruit of choice for modern athletes for its energy replenishment and high fibre.

Anaemia and high blood pressure and strokes reduction:

Eating one banana a day will stimulate the production of haemoglobin in the blood and the potassium contents acts on the blood.

It said eating some banana fruit in a regular diet can cut the risk of death by strokes by as much as 40%, almost as good grapes!

Depression and Stress reducing, and Relaxing agents:

Eating a banana when stressed or depressed will be beneficial as the banana proteins when eaten are converted in to serotonin which are known to make you relax, improve your mood and generally make you feel happier.

Heart Burn, Anti Acid, Bowel and Intestinal inflammation, Morning Sickness and PMS:

Eating one banana when needed or daily as preventative. The natural sugars and soft fibre will reduce stomach acid levels, with easy digestion and increase bowel movements, and regulate blood sugar levels that are lost from the sickness of vomiting and blood loss.

Warts:

Tie a banana skin on to the affected skin area with the wart with the outer yellow skin side facing out and replace every 4 hours with a fresh skin. (Also see Dandelion treatments).

Other Remedies:

Less known remedies of the banana are; it can help with body temperature control, as in Thailand pregnant women eat bananas to ensure their baby is born with a cool temperature. It will aid the quitting of smoking by its chemical compounds acting on the nicotine withdrawal making it easier.

Facts:

The banana plant is not a tree as some mistakenly call them.

There are five different types of banana fruit from hundreds of varieties. The most common and eaten banana exported world wide is known as the 'fruit banana', of the Cavendish variety to which 300 varieties exist. The other types are red banana, apple banana, The baby-banana (pisang susu), and the Baking bananas (These are only cooked and eaten like a potato and never raw).



[Banana Continued]

The tropical banana plant came originally from the Indo-Malaysian area and are now cultivated all over the tropical and sub-tropical continents. Bananas are not grown commercially in the continental United States. They are grown in Latin and South America from countries like Costa Rica, Ecuador, and Colombia. The plants grow typically 9 to 15 meters high with large leaves of up to one meter wide and up to 4 meters long. The fruit grows up to 30cm long and eaten when yellow in colour as the fruit ripens from a green colour.

Only the soft insides are eaten discarding the easy peeled skin outer.

Bananas are one of the few fruits that ripen best off the plant.

The banana plant does not grow from a seed but from a rhizome or bulb. Each fleshy bulb will sprout new shoots year after year. Because the plants are sterile, seedless mutants, as new plants are created from cuttings of existing ones, making them little more than clones of one another, they then become sceptical to various fungal pathogens as the genes of the plants are very similar. These fungal diseases attack the leaves of the banana and cause diseases such as Sigatoka leaf spots, speckle, freckle, and rust. There is also Panama disease that affects the roots. Black Sigatoka is considered to be the most important fungal leaf disease of bananas and Panama disease the most important fungal root disease spread via the soil and thus harder to treat and prevent. Also bananas have viral diseases transmitted by banana aphids. The viral disease is called bunchy-top virus. These diseases affect the ripening and bearing of fruit. It is feared a fungal or virus will some day spread and wipe out all the banana plantations of the most eaten varieties, called Cavendish, throughout the world with in 10 years.

Bananas are a good source of fibre, iron, potassium, phosphorus, and vitamin C, A1, B6, B12, and high in starch (more starch than sugar) which is a carbohydrate, and contains all the 8 amino-acids our body cannot produce itself, and proteins like tryptophan and other beneficial trace elements.

Warnings:

May not be good to eat too much if you're diabetic type 2 because of the high starch content (high carbohydrate).



Blood vessel repair and improving vessel elasticity and blood flow, and lipid-reducing properties, Intestinal flatulence and Bladder irritation reducer, Bronchial tube irritations, and great at reducing Heart attacks and Strokes:

Slice fresh green leaves of this plant when in season, and add to a standard green salad with a lemon dressing eaten daily or weekly will improve blood circulation.

When not in season, use a prepared tonic from the dried leaves or a few drops of a prepared standard tincture.

Facts:

Fresh young leaves of the plant are mainly used in medicine, with occasionally its bulb being eaten, which looks like a small variety of the standard garlic bulb. They should be only harvested before the plants start flowering for health and medical reasons when nutrients are highest.

Its origins are of western Europe and have been used for many centuries for health benefits involving the blood.

Wild bear's garlic has high levels of ajoenes, adenosine, iron, and ACE-Inhibitory potential and the highest natural sulfur and adenosine levels of any other plant.

Although it is a cousin of standard garlic its bulb has less odor, although the plant gives off a pungent smell maybe because of its high sulphur content.

The leaves resemble that of the lily of the valley so both plants can be mistaken. It grows in the shade of bigger trees in damp soil and along streams.



Suffering from Anaemia or General immune and lymph node system enhancer, skin problems reduction and increase blood pressure, headaches reducer and cleanser of the liver:

Daily take about 50-60ml of beetroot juice mixed with equal amounts of carrot juice on a empty stomach is beneficial for improving the persons health and skin tone. The trace elements and vitamins aid healing and immune system.

There is slight difference in beet juices;

The white beet juice is also a good liver cleanser and digestion improver, with reduction in headaches and eye problems through improved blood flow and vein repair. White beet juice is better at treating skin problems.

The red beet juice used to treat blood flux and yellow jaundice.

Facts:

There are several varieties, including the sugar beet, white beet and the red beet. Sugar beet and white beet were derived from the red garden variety.

A native of South Europe and extensively cultivated as an article of food and especially for the production of sugar which is about one tenth the portion of pure cane sugar and does not crystallize.

The garden variety is derived from the Sea Beet (*Beta maritima*), an uneatable plant which grows wild on the coasts of Europe, North Africa, Asia, and India, and is found in muddy maritime marshes in many parts of England.

The lower leaves, when boiled, are quite equal in taste to Spinach.

Warnings:

Like carrot juice, beetroot juice will also increase blood pressure, so if you have high blood pressure you should avoid drinking juice concentrates.



Diarrhoea preventative:

Leaves boiled as a tea and sipped during the day you are suffering, but not used excessively per week. Recommended that using charcoal (See lime wood) to absorb toxins in the system, as poisons can enter just from foods you eat and the inner fermentation processes. Also a berry tea can be used for this condition and said to be safer as less is known on leaf side effects.

Improve varicose veins and other circulatory problems:

Eating the fresh raw berries daily or take a bilberry extract of about 80-100 mg twice daily or half teaspoon liquid extract daily.

Improve night vision as well as prevent and treat macular degeneration and cataracts:

Eat daily a handful of berries raw or as a jam spread, or about 80-100 mg extract twice daily or half teaspoon liquid extract

daily.

It is said to improve the eye veins and oxygen in the blood of the eyes. Its known night blindness is also from the lack of Vitamin A.

Peptic Ulcer treatment:

Take 20 to 40g of condensed juice daily.

Diabetes Mellitus treatment:

Take 80-160mg extract 3 times a day

Facts:

A short, shrubby perennial plant that inhabits the woods and forest meadows of Europe, western Asia, and the Rocky Mountains of North America.

Commonly referred to as "European blueberry" as it has a blue-berry with a creamy white inside.

Related to the same family Cranberries and huckleberry.

Bilberry fruit extract has no known side effects even for long period uses.

It contains a flavonoid-like antioxidant and anthocyanosides, Vitamin A, C and E and trace elements.

During World War II, British Royal Air Force (RAF) pilots noticed that their night vision was sharper than usual whenever they ate bilberry preserves such as Jam.

Birch (Betula Alba)

Medical Uses



Diuretic and Urinary Cleanser (Increases Urine), Decrease urinary tract infections and Cystitis, and Kidney stones reducing:

1 teaspoon of ground leaves to 1 cup of boiling water, steeped 10-15 minutes and drink up to 3 times daily,

You can also add a pinch of baking soda to each cup of water to facilitate the release of the active compounds.

Young leaves have more an acid content and may work better.

You can also take a tincture of 5 to 10 drops in 1 cup of water when fresh leaf is not available.

Rheumatism, Arthritis and Gout Reduction, dropsy, and general painful or sore joints cure:

(As above, but also powdered 'inner' bark tea can be used).

Eczema and Gonorrhoea treatment:

The bark oil extracted and applied to the skin area that's affected. Replace Daily and maybe cover with bandage.

Intestinal worms treatment:

Drinking a leaf and (inner) bark infusion tea of ½ to 1 teaspoon powdered ingredients to 1 cup of boiled water (allow to steep for 10 minutes). Taken 1 hour after meals.

Scabies, Boils and sores treatment:

The bark oil or tar extracted and applied to the skin area that's affected. Replace Daily and maybe cover with bandage.

Facts:

[Birch Continued]

Birches are generally divided into 3 types: white, black, and yellow.

All birch trees thrive where conditions are sunny and the soil is well drained, somewhat sandy but high in organic nutrients. Birch leaves are usually wedge-shaped to nearly triangular, with coarse teeth along the edges.

There are many varieties of Birch trees throughout the world, and the three most common birches are the European weeping birch (*Betula pendula* var. *gracilis* - the largest of the birches), the paper birch (*Betula papyrifera* - is the native birch of northern forests and river valleys), and the river birch (*Betula nigra* – less frequently seen on landscapes).

Mature height of these trees can reach 12 to 18 meters.

The roots will spread to a distance of at least twice the tree's height.

Other Birch trees are Common Birch, Dwarf Birch, Silver Birch, Sweet Birch and Yellow Birch.

Birches are a common tree world wide and easy to spot with 2 to 5 clustered trunks with a white peeling bark.

Other Latin names for Birch Leaf include: *Betula folium*, *Betula Verrucosa*, and *Betula Pubescens*.

The Birch was used to flavour beers and sweets (candy).

Warnings:

If you have allergies to celery, mugwort pollen or aspirin, you should avoid using Birch Leaf or if a Skin rash appears when handling Birch Leaves or sap.

Like most herbal medicines avoid if pregnant or breastfeeding.

Bracken Fern (*Pteridium aquilinum*)

Medical Uses



Insect bites reliever:

Rub the fern sap on to the bite area. Works well on gnat bites.

Insect repellent:

Place fern leaves in and around bedding like under a mattress, or in clothes, as the aroma masks the human scent as well as scares of insects like mosquito.

Facts:

Many animals and insects won't eat Bracken because of chemicals in it that make them sick.

Bracken Ferns help some plants grow, and hurt others. They are allelopathic to some plants, which means they let out chemicals that keep them from growing. Black Cherry trees are one plant that has trouble growing around Bracken Ferns. Bracken Ferns often grow under oaks, pines, hickories, maples, and beech trees. They are frequently seen growing with asters, sarsaparilla, violets, oak fern, and bunchberry plants.



Blood vessels and arteries repair and Reduce Blood pressure:

Eating 3-5 times a week as part of a meal (ideally with green salads) has beneficial results on the veins and arteries and blood flow in preventing hardened arteries.

Calcium Deficiency reducing:

Eat regularly will improve this condition since it has a high calcium and fibre content, and can be given to young children that need calcium more as their bones are developing. Eating with other good plants such as cabbage and where there is a lack of milk and dairy products.

Facts:

Brown rice (sometimes called unpolished brown rice) is more than 9 times higher in minerals than processed white rice which has the cellulose husk and fibrous membrane removed, along with its extra health benefits and taste it offered.

**Psoriasis and Acne, skin conditions treatment:**

Eating/Chewing the raw root helps increasing circulation to the skin, helping to detoxify the epidermal tissues.

Blood Purifiers:

Raw leaves eaten as a salad and the consumption of the root to help the kidneys to filter out impurities from the blood very quickly.

Anti-tumour and Cancer properties:

Drinking the dried ground root mixed with warm water as a tea is beneficial in immune system to fight tumours.

Cancer reducing properties:

Mixing with 3 other herbs it has been used as an affective treatment to rid cancer of the liver and other tumours on internal organs

(see Essiac at the bottom of the paragraph for the Plant information on Sheep Sorrel).

Facts:

The burdock is a member of the thistle family and is a common pasture weed throughout North America that prefers damp soils. It grows to more than 3 feet tall and is also called Thorny Burr, Happy Major, Personata, Lappa, Fox's Clote, Beggar's or Cockle Buttons and Philanthropium.

The roots, young stems and seeds of the Burdock plant are edible. Young stalks are boiled to be eaten like asparagus, raw stems and young leaves are eaten in salads. Parts of the Burdock plant are eaten in China, Hawaii and among the Native American's.

It is the root of the Burdock plant that is harvested for folk medicinal use. The roots are about an inch wide but up to three feet long. The roots should be harvested in the fall of the first year or the spring of the second.

Burdock root contains vitamins B complex and E and Trace minerals of potassium, phosphorous, chromium, cobalt, iron, magnesium, silicon, zinc and sodium. It provides inulin, a helpful sugar for diabetics and hypoglycaemia's because it does not elicit rapid insulin production.

One of the main ingredients of ESSIAC compound tea which is used in the treatment of cancer, tumours, and immune system enhancement. (**See Sheep Sorrel for Essiac Recipe**)



Immune system and cancer and tumour fighting properties:

Take a few drops (2 to 10 drops) of a tincture preparation in a glass of water.

Mixed with other beneficial herbs for flavouring since it's a strong unpleasant flavour.

Maybe hard to swallow and can cause reactions to sensitive people because of its taste and strong effect, so start on lower dosages are recommended.

(Ideally, use the processed extract that's safer for long term use – See warnings from new research on fresh extracts).

Asthma treatment and Headache Treatment and prevention, an analgesic (general pain reliever), toothache relief, menstrual pain relief:

Take 50 mg of butterbur extract twice daily for 3 months or longer. Note, best to get processed extract (see warnings).

Hayfever and allergies prevention and treatment:

Take 50 mg of butterbur extract twice daily for the period of the hayfever season. Its said to be as effective as modern drugs.

Note, best to get processed extract (see warnings).

Cramps, Stomach Cramps, Spasms and Menstrual cramps, and wound healing with anti-inflammatory and anti-spasmodic effects:

A decoction made from the leaf, flowers and root of this plant added to a warm or hot bath to soak externally the affected areas of the body will ease the cramps. You can also add some Arnica Flower tincture drops (10 to 50) to the bath water. You can also take a few drops of Butterbur tincture internally.

Facts:

A rare plant found around Europe mountain valleys and streams and growing along rivers, ditches, and marshy areas in northern Asia, Europe, and parts of North America.

It has reddish flowers with very large heart-shaped leaves with a furry grey underside. Also called bog rhubarb, bladderdock, bogshorns, butter-dock, butterfly dock, capdockin, langwort and flapperdock.

It said to possess an unpleasant smell.

Was used in the middle ages for treatment and preventative of the black death plague.

Warnings:

Butterbur contains pyrrolizidine alkaloids which is said to be dangerous in that it's a carcinogenic compound, but no bad side effects from the use of butterbur have been reported despite the findings. Good affects versus negatives out ways the importance of this plant for severe illnesses.

Oddly, this cancer causing compound exists in the natural extract yet it's been a successful treatment for many years for tumours and cancers.

For safety, alkaloids are easily removed from the plant extract through processing and are available commercially.



Cuts, Grazes & Fungal Infections treatment:

Pulped Cabbage Leaves (Poultices) applied to the wound for days, weeks or months, reapplying fresh leaves when needed, it is also advised before hand to clean wound with concentrated milk whey called Molkosan, which is naturally fermented, antifungal, concentrated whey. It is extremely acidic and antiseptic. Ideal for inhibiting bacterial and fungal infections. Note, also Molkosan mineral and orotic acid content make it suitable as an aid to slimming if drank.

Any Cabbage Plant will do but recommend is the Savoy cabbage, which is a crinkled or crumpled leaf variety. It is cultivated and harvested the same way as common types of cabbage and has a stronger taste.

Headaches reliever:

Applying a poultice made from mashed onions and some mashed cabbage leaves placed inside a cabbage leaf to the back of head allowing the chemicals to be absorbed through the skin and the slight fermentation process giving a warming effect will increase the blood flow around the neck to the brain.

Calcium Deficiency and Brittle Nails treatment:

Eat raw cabbage leaves mixed with raw carrot as a salad are ideal in calcium replacement, as they are high in calcium and quickly absorbed by the body and a healthier way to boost levels normally , plus they are easy to consume as a daily meal.

For brittle nails also eating with Nettles and Horsetail plant herb is recommended.

Slimming and Health boost properties (with juice only days) and Aid to Increase Blood Pressure:

Juiced raw and only drink for one whole day for your main meals with no other food. Only do this once a week with a proper diet of balanced meals on the other days of the week. You might need many carrots to make enough juice but you can add just a little water to the mix. You should be drinking plenty of fresh water throughout the day anyhow, 4 or 5 glasses. Some hunger can be triggered because you haven't drunk enough fluids in the day, and becoming slightly dehydrated. Excessive drinking of water may mean your diabetic and everyone now days should get a regular blood test done to check this out to be on the safe side. Note, excessive citric fruit consumption like lemons can be harmful to your liver and damage your health. Do not over diet either. (Also see Grape Juice in this e-book)



Facts:

Carrots originated in Afghanistan around 1000ad; however they were yellow and purple colour variety and were not spread to Europe and China until the 1300's. White carrot appeared in 1700's and it wasn't til 1750s the orange carrots were developed from cross-breeding in The Netherlands (Holland), and now is the most eaten and recognised carrot today. The folklore is the orange carrot was developed as a tribute to 'William I of Orange' during the Dutch fight for independence.

The orange carrots have a better sweet taste and also beta carotene making it healthier then other varieties. One square meter of land produces enough carotene for an adult 'vitamin A' needs for one whole year. It takes around 80 days to be fully mature for consumption.

The edible part of a carrot is a taproot (meaning in Botany) the main root of a plant growing straight downward from the stem.

'Vitamin A' deficiency is common in the modern world; as not enough plants containing it are consume especially with growing consumption of fast foods and foods made up mostly of protein, fats and carbohydrates.

Carrot juice is also a good source of potassium and vitamin B6, vitamin C, as well as beta carotene, manganese and thiamine. Vitamin A is produced by the human body breaking the beta carotene down.

Warnings:

Over-consumption of carotenes or carrots can give the skin an orange tone but it's not harmful.

Other direct sources overdosing (i.e. pills); of 'vitamin A' however can be toxic. Ideally, the best source of vitamins are directly eating foods and letting the body break down and convert the substances that body needs daily.

Carrot juice will also increase blood pressure, so if you have high blood pressure you should avoid drinking juice concentrates but instead moderately eat the whole carrot in salads.



Gastrointestinal Strengthening, Stomach Aches and indigestion reliever and chronic digestive problems:

Bathing in a warm or hot bath of the herbs flowers, when needed. Can be used on safely on babies in a weaker bathing solution, but not to be drunk by the babies. (Also see Aloe Vera).

For Adults only, A daily cup of chamomile tea (1 to 2 teaspoons of dried diced flower in 1 cup of boiled water, steeped for 10 minutes) will help stomach heal and kill digestive and gut bugs. Chronic digestive suffers will have to take it from 2 to 3 months to see long the term results. You can also take 3ml of tincture in 1 cup of water, 3 times daily.

It is said that also Chamomile tea before bed can help you relax and fall asleep faster.

Skin Problems Treatment:

The oil extract rubbed on to the affected skin area. (Also see Aloe Vera)

Facts:

There are many varieties of this plant world wide. It is a member of the daisy family and is indigenous to Europe. Chamomile, also known as German chamomile, *Matricaria recutita*, the one used for medical properties and should be confused with the Roman chamomile, *Anthemis nobilis*, and some other varieties which are only used for its extracted oil for external skin treatments and cosmetics. Chamomile flowers and foliage do in fact smell like apples. It grows quickly to a height of about 15" from seeds and likes cool and moist soils. European herbalists call chamomile "the mother of the gut." It has been used for over 2000 years for medical properties.



Nasal Polyps or Dysfunctional Nasal Membrane:

Rubbing the oil and juice extract from the leaves and root on to the effected area with ear cotton bud or sniffing up an herbal solution (infusion) and hold as long as possible and blowing liquid back out may help reduce the size of polyps in time.

Recommended that you first cleanse the nose and mucous membranes by sniffing up sea salt mixed with water (3 teaspoons per 1 cup). If you have a nasal infection or inflamed nasal membrane also add a few drops of Echinacea extract oil will help.



Heartburn relief, stomach and Ulcer healing and weight loss and appetite loss:

A standard infusion tea (1/2 to 1 teaspoon of dried leaf to 1 cup of boiled water). Drink when needed up to 3 times a day, ideally before meals.

It stimulates the activity of the salivary, stomach, and intestinal glands, thereby relieving constipation and gas and promoting proper digestion. Used for a prolonged period can result in weight loss

Colic, Suppressed menstruation, and anaemia treatment:

A standard infusion tea (1/2 teaspoon to 1 cup of boiled water). Drink when needed up to 3 times a day, ideally before meals.

Skin blemishes, freckles and spots removal:

A strong tincture made from the flowers and leaves and then rubbed on to the affected skin.

Facts:

Centaury is nicknamed "bile of the Earth" by the ancient Greeks because of its bitter taste.

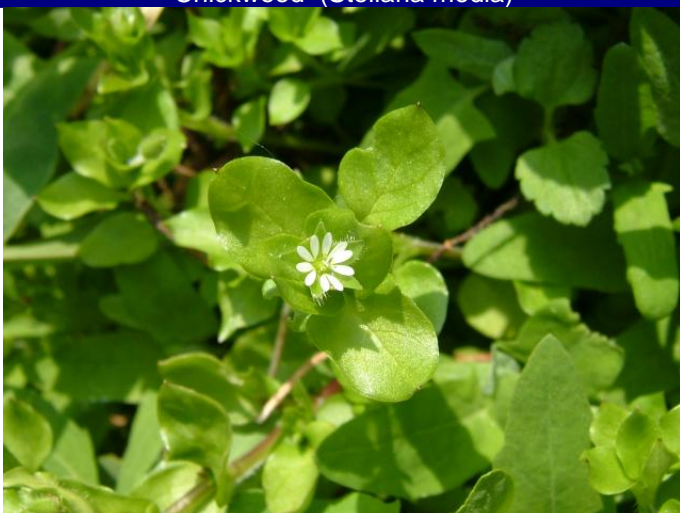
It is also known as Latin names of Centaurium erythraea, Centaurium umbellatum, Erythraea centaurium and Centaurii herba. The common English names are Centaury, Century, Feverwort, Bitter herb, common centaury, lesser centaury, centaury, and European Centaury.

The bitter agents are amarogentine, gentiopicroside and swertiamarine, and these have a direct effect on digestion.

It also contains Phenolic acids including protocatechuic, m- and p-hydroxybenzoic, vanillic, syringic, p-coumaric, ferulic and caffeic, Alkaloids of gentianine, gentianidine, gentioflavine, and Triterpenes; b-sitosterol, campesterol, brassicsterol, stigmasterol, a- and b-amyrin, and erythrodiol.

European centaury was one of the traditional panaceas, having been recommended and used for practically everything in the past except diarrhoea treatments.

Centaury has antiphlogistic, anti-inflammatory and antipyretic effects.



Convulsions Treatment:

Prepare an infusion (placed in warm water and leave to soak for a few hours). It can be made from both dried and fresh chickweeds. Drink the infusion liquid, when necessary. Can be taken by children or adults.

In fact, it's said that after a few infusions it can clear up convulsions completely, especially in children.

Facts:

Grows all year round and is found in most open paddocks, and wild fields.



Urinary tract infections such as cystitis and urethritis reducing and gentle, effective diuretic and Kidney stones dissolver:

Drinking an infusion tea made from the 2 to 4 teaspoons of root and rhizome (A horizontal underground stem), and added to 1 cup of boiled water. Taken 3 times a day. (Also see Birch Leaf).

Gout and Rheumatism treatment:

Drinking an infusion tea made from the 2 teaspoons of root and rhizome and added to 1 cup of boiled water. Taken 3 times a day. (Also see Birch Leaf).

Jaundice and other liver complaints treatment:

Drinking the extracted fresh root juice of 6mls in 1 cup of water up to 3 times daily until the condition subsides.

Enlarged prostate and prostatitis reducer:

Drinking a decoction made from 2 teaspoons of the cut rhizome in 1 cup of water, bring to the boil and let simmer for 10 minutes, Taken 3 times a day over several months.

Facts:

Found in Europe, the Americas, northern Asia, and Australia, couch grass is an invasive weed this is harvested throughout the year.

Couch grass has a long, creeping rhizome (A horizontal underground stem), with slender leaves, and erect spikes bearing green flowers aligned in two rows.

It is also known by names of Quack Grass, Dog Grass and Witch Grass or Quitch.

The parts used for medical remedies are Rhizome, seeds, and majority the root.

Warnings:

Make sure to identify the grass correctly as other similar grasses can be mistaken as it.



Central Nervous System Pain Reliever, Stomach and intestinal pain reducer, Cancer of the stomach pain reducer:

2-5 drops of tincture made from plant leaves and root in 1 cup of water taken when needed or ¼ cup of fresh plant in 1 cup of boiled water and drink after 5 minutes standing. Avoid long term use of no longer then 1 week as can cause liver damage because of the pyrrolizidine alkaloids. There maybe a compound with these alkaloids removed so can take for longer periods available at herbalists? Also advised to take liver tonics at same time.

Gout, Open Sores and Painful sores, mouth and lip sores, Damaged Skin, Dry Skin or Skin Cuts:

Grind the root into a fine powder and mix with other useful skin herbs (if wish to experiment), and mix with Aloe Vera gel so it makes a natural paste that you can apply to the wound or sore. This mixture will heal sores and skin surface layers fast so avoid using on deep infected wounds that need to dry out and heal slower. Infected wounds will have pus. Apply only to shallow or old wounds that have began to heal.

Also can add to weak herbal infusion baths to soak the skin for up to 30 minutes.

Another method is to make own Comfrey Oil from 1/2 litre of coconut oil or vegetable oil (if you can not get coconut) with 8 ounces of dried leaf and simmer but not over boil for 2 to 3 hours then cool and strain into a bottle.

You can make skin soap from melted bees wax with 1 ounce of home made oil above. A great natural moisturiser.

Facts:

It has long taproots, which can grow to 10 or more feet to get to water deep under ground. It grows to about 4 feet high, and has large leaves with visible white hairs on them and drooping flowers, in colours ranging from purple to pink to blue to white.

Often found growing in the wild in ditches and by rivers. There are over 20 varieties of the plant all with similar medical properties.

Even the American Indians used the leaves as pouches to carry things and it was often used to heal wounds and broken bones. Because of those healing properties of the powdered root, It has also been called 'knitback' and 'bruise wort'. It is said to be one of the best cures of GOUT.

It contains potassium, calcium, phosphorous, iron, magnesium, cobalt, Vitamins B, B11, B12, C, E, allantoin, pyrrolizidine alkaloids, tannins, mucilage, starch, phenolic acids, and volatile oil.

Warnings:

Contains alkaloids which damage liver on long term or high dosages when taken internally. Therefore, more ideal for external applications unless you are using a special treated compound with alkaloids removed.



Liver and Gall bladder inflammation and congestion reducing:

Gentle liver tonic made from steeping the roots in a cup of hot water and drinking 3 times daily before meals for up to 3 or 4 weeks. It is beneficial in the treatment of gallstones, hepatic and post-hepatic jaundice and cholecystitis.

Joint Inflammation releiver:

Eat the fresh leaves in a vegetable salad daily.

Digestive problems due to lack of stomach acid and excessive water retention treatment:

Drink an infusion tea when needed. (see recipe below)
Also eating the fresh leaves in a salad with your main meal. Taraxacin found in the leaves and roots are beneficial to bile secretion and have a Diuretic effect, which helps with the elimination of urine. Many women experience pre-menstrual water retention. The familiar symptoms of bloating and weight gain, breast tenderness, and irritability.

Warts Removal and Skin inflammations and Insect Stings reliever:

Rub the white sap from the roots on the wart and skin around the wart or skin rash or inflammation.

Other Properties:

Helps improves fat and cholesterol metabolism in the body and acts as a blood purifier and also used for ailments, such as eczema, cancer and hepatitis.

Infusion Recipes:

For medical uses always harvest young plants no more then 2 years old, as the roots become too old and bitter. Also harvest the leaves before the flowering begins as nutrients are lost. Only the leaves and roots are used for its medical properties.

Take dried or fresh leaves and root of about 5 to 10 grams (about 2 to 4 teaspoons) depending on dosage needed and steep in freshly boiled water for up to 10 to 20 minutes to allow the leaf juices and root sap to mix into the water. You can drink the filtered brew 2 or 3 times daily.

The juice extraction is the most potent for medicinal purposes. Therefore you can also blend the fresh leaves and root to extract the juice from the bulk, and drink 5 to 20mls twice daily.

Facts:

It originated in Central Asia, but now grows almost anywhere in the world, preferring moist meadows, fields and fallow land. Its so named because of its 'lion's tooth' leaves from its centre. In the middle a hollow stem bearing the yellow capitulate flower head which later turns in to a white 'fairy clock' of seeds that break off and float with air currents. There are about 100 species and grows to a height of 12 inches in the wild and right climate. It was first used by Arabian physicians of the tenth and eleventh centuries.

The Leaves contains Vitamins A, B, C, D and bitter glycosides, carotenoids, lutein and viola xanthin, terpenoids, choline and

[Dandelion Continued]

potassium salts, iron and other trace minerals. In fact, Its Vitamin A content is much higher then what's found in carrots for the same volume.

The root contains carbohydrates including inulin, pectin, phenolic acids, vitamins, potassium bitter glycosides called taraxacin, tannins, triterpenes, taraxol and taraxsterol, phytosterols, volatile oil, choline, and asparagine.

Although the flowers can be made into a wine, they aren't considered as a medicine.

Warnings:

For long period use make sure to increase your intake of potassium-rich foods such as apples, bananas, carrots, oranges, and potatoes because of its diuretic properties. Dandelion should be used cautiously if you suffer stomach ulcers, gastritis or block bile ducts, as it will cause overproduction of stomach acid.

The milky latex sap in the stem and leaves of fresh Dandelion may cause an allergic rash in some individuals.

English Ivy vine (Heder Helix)



Medical Uses

Insect Bites or Stings Reliever:

Crush leaves and some green bark taken from a live vine to bruise the mixture to release the sap and rub in to the sting area of the skin. You can prepare a ready made solution (called a tincture) and keep on the shelves. It is simply done, by grinding up a mixture of leaves and green bark in a mixer/mincer to make a fine pulp and then soak in a batch of pure alcohol for week or more and then filter the solution into bottles. You can then just rub a few dropped on the affected sting area.



Eye infections, watery eyes and Conjunctivitis Treatment:

Make an herbal eye bath to wash the eye with infusion made from the leaves of this plant. You can mix with other herbs like Marigold and make packs made from clay and the fresh mashed herbs. The tannins in eyebright decrease eye inflammation and give a protective layer.

Note, eyes are sensitive and therefore an un-sterile eye wash can infect cause more infection or irritation, there is recommended you buy a packaged ready made solution under sterile conditions carry the risk of causing irritation or infection.

Respiratory conditions, allergies, bronchitis, colds, and sinusitis treatment:

Make an Infusion tea of 2 grams to 4 grams of dried eyebright added to about 5 ounces or 1 cup of boiling water and allowed to soak for about 10 to 15 minutes. Before drinking the solid particles should be removed by straining to reduce other bad side effects. Drink up to three cups daily.

Facts:

"European" Eyebright is an attractive weed that grows wild in fields and meadow areas in the countries of Bulgaria, Hungary, and the former Yugoslavia, and Europe where it originated. It cannot be cultivated, so eyebright is collected only from wild plants.

Warnings:

Eyebright taken internally may cause nausea, or sweating. Eyebright applied to the eyes has been associated with side effects such as eye pressure changes, sensitivity to light and swollen eyelids.



Headaches or Sore throat reducing:

Poultice made from this plant leafs, and wrapped around the throat and neck so its chemicals absorbs in to the skin and blood vessels relieving the pain.

Joint Discomfort and Rheumatism reducer:

Poultice from the leaves only, on the affected joint area.

Stings reliever:

Also can be used to draw out poisons under the skin or blood under the skin by applying a leaf poultice.

Facts:

Related to the starflower, a lilaceous plant. An interesting bulbous plant native to South Africa. The bulb grows above ground and will reach up to 4 inches (10 cm) in diameter. The strap-like leaves are semi-succulent and will reach up to 36 inches (1 m) in length. It is an easy plant to grow and it is well suited for containers. A couple of warnings, though: contact dermatitis is common in people who handle the bulbs and because of the size of the bulbils, they can pose a choking danger to children.



Anti-viral and Flu or Appetite loss or Indigestion Remedy:

Ginger (root) has been used in Chinese herbal medicine for centuries to purge the body of colds and viruses and as a stimulating tonic for digestive disorders. Brewed as a tea, it induces sweating, which helps fevers run their course. It also tones and helps boost the immune system. Fresh ginger grated into hot lemon and honey is a soothing way to fight off colds and discharge mucus.

Infusion Tea Recipe: How to Prepare

Chopped Ginger Root can be made into a tea. Pour boiling water over 0.5 to 1 gram (about one-quarter teaspoonful) of the chopped root, steep for 5 minutes, and strain.

You can also brew ginger beer (also known as root beer in America), and drink 300-500mls a day to ease indigestion. The active bug in the mix is a good bio aid

Special Cautions

Advised not to take while pregnant, such as morning sickness, and high doses (6 grams or more in one taking) may damage the stomach lining and could eventually lead to ulcers. Allergic skin reactions are also possible, but in recommended doses, Ginger causes no side effects.

Bonus Recipe:

Lemon-based Ginger beer that doesn't require an active bug

Recipe is for 1.5 litre plastic bottle

1 teaspoon to 6 teaspoons of dried ginger (generally 3 is good)
 ¼ teaspoon dried yeast granules
 ½ teaspoon sugar & 1 cup sugar
 2 tablespoons warm water & 1.5 litre cool water
 juice of 2 lemons and rind of 2 lemons (optional – see below)

Note! Depending on taste you can add more ginger to make it stronger tasting, and not add the lemon juice or add more lemon juice even. Experiment your self. If you add more yeast as the granules on a spoon isn't exact, then it may smell and taste more yeasty, which isn't such a bad thing but can alter the flavour slightly.

Put ½ teaspoon of sugar in 2 teaspoons of warm water to dissolve, adding the yeast and stir. Place in warm place to start working.

Finely grate or slice the rind from 2 lemons and place in a heatproof container with the 1 cup of sugar and the dried (powdered) ginger. Pour over 1 cup of boiling water and leave to steep for 10 minutes. Strain into 1.5 litre plastic bottle (i.e. an empty used standard soft drink bottle that is washed out), in which the ginger beer will be made. Top up bottle with cool water leaving 2cm (1 inch) air pocket near the top, so that the final water temperature is approximate around room temperature when it's all mixed. Add the yeast to bottle as soon as the yeast mixture shows signs of working, i.e. it foams. Finally Cap the bottle tightly (If worried squeeze the bottle slightly when tightening the cap, so gives it more expansion as the gas is produced and reduce the risk of explosion). Mix thoroughly and put in a warm place so its in room temperature (20 to 26 Degrees Celsius). Leave the bottle, until the bottle becomes hard and unable to squeeze. Depending on the yeast this can take anything from 12 hours to 3 days, but best to

[Ginger Continued]

check regularly, as there is a risk of explosion with this! Normally 12-16 hours in a 20-24 degree room is enough if you are unsure then Refrigerate until thoroughly chilled, as it will halt the yeast being as active and settle on the bottom of the bottle. Open slowly as the gas will start to bubble out and leave it half open for 5-10 seconds, as it's normally a delayed fizz up reaction. Unfortunately, the bubbling most of the time will mix the bottom settlement again, but it will still taste good and shouldn't be bad to consume it.

Don't leave in direct sun light, but a warm dark place is best. You may notice bought ginger beer is normally in brown bottles that filter out U.V. light which can degrade the contents.

Note, that each day the yeast will turn the sugar into alcohol until there is hardly any sugar left, and this changes the flavour to more of an alcohol beery bitter taste, and is not as nice to drink in my opinion, but you may like it that way. Chill it after 12-16 hours if it's fast acting active yeast, as it slows the yeast down and start drinking it from that point when cold enough. Try to drink the entire bottle of new ginger root brew within 5-6 days of making, that way it will be still a nice sweet and flavoured taste. So its better to make it when you run out rather than make a big batch of it, after all it only takes 15-20 minutes to make. It's very simple!

Ginkgo biloba (maidenhair tree) (Ginkgo biloba)

Medical Uses

Headaches reducing and Cerebral blood flow (Blood flow to brain) increaser:

Infusion made from the tree leaves, and drank can improve blood flow to the brain alleviating the headache, since many headaches are caused by poor blood flow.

Ear Infections or Tinnitus (Ringing in Ears) or Lose of Hearing treatment:

Syringe an infusion tea of Ginkgo biloba extracts in to the ear and drain after waiting 20 seconds and repeat. It's said to improve auditory senses while clearing up any infections.



**Diabetes Control:**

Lowers blood sugar levels and uric sugar in Type 2 diabetes. Drink an Infusion or capsule of powdered root. (See below for infusion recipe).

Cholesterol level reduction:

Drink an infusion of root of 1 cup daily half an hour before your main meal.
(See below for infusion recipe)

Blood pressure decrease and aids the blood circulation, including alleviation of coronary heart disease, and hypertension:

Drink an infusion of root of 1 cup daily half an hour before your meals. (See below for infusion recipe)

Nausea and vomiting and Stimulates the Appetite:

Drink an infusion of root of 1 cup when feeling sick up to maximum of 3 daily.

Other Remedy Claims:

Prevents excess corticosteroid production when stressed or exercising and stimulates the production of interferon's. Non-confirmed studies claim it may reduce risk of certain cancers in the body and reduces the effects of aging and boosts healing after operations and chemotherapy. It's said to improve sexual functions for both male and female and genuinely improves well-being and immune system. It regulates the activity of the central nervous system and gives a stimulating and tonic action to inhibit fatigue and promote recovery from fatigue, hence why you see it appearing in these new wonder energy drinks for sports people.

Tea or infusion recipe:

Pour 1 cup boiling water over 1 tsp finely chopped Ginseng root. Steep for 10 minutes Drink 1 to 3 cups daily for up to 4 weeks. Allow up to 4 weeks before Repeating as needed. Avoiding over use.

Warnings:

Can lower blood glucose levels and also decrease blood pressure so avoid use before surgery. It can interact with Caffeine, Aspirin, Phenelzine, Haloperidol, and Morphine reducing the effectiveness of other medicines, as well as causing bad side effects including pain, headaches, irregular heartbeat and sweating. This herb is not recommended for use in children because of its stimulant properties. Avoid overdosing and using for excessive long periods, without breaks in-between, as it will most likely cause diarrhoea and sleeplessness and other bad side effects.

Facts:

Various Species of Ginseng exist from American Ginseng, Siberian Ginseng, Tienchi Ginseng, Asiatic Ginseng, Chinese Ginseng, Korean Ginseng, Red Korean Ginseng, to Ren Shen and have been grown for medical uses since 5000bc, although all have similar properties as an effective general rejuvenator, some do have more specific uses. The roots of the plants are known to live for up to 100 years and the ONLY part that's used in medicine or consumed. It has been widely used by Native American Indians where it grew wild in northern America, and first known to be used by Chinese and Koreans herbalists. It was even used for making charms and love potions. The main difference between the American and Asian Ginseng is the Asian root has a warming property, where as the American root has a cooling effect.

Garlic (Allium sativum)

Medical Uses

Antibacterial effects:

Crushing the bulbs to release the juices and oils to the air forms a compound known as diallyldisulfide. Thus breathing in the fumes in the lungs and throat or skin exposed to it can kill the bacterin on the surface, therefore a aid against flu's and virus.

Reduce blood clotting and blood pressure (cardiovascular disease):

Eating the prepared bulb raw or pickled is best or Oil extracts in concentrated form for enhanced effectiveness.

Stomach cancer prevention properties:

Regularly eating garlic is beneficial in preventing stomach cancers.

Stimulates the immune system:

Eating Garlic stimulates the activity of macrophages and the activity of helper T cells.

Reduction of Hardening of the arteries (atherosclerosis), high cholesterol (blood lipids), and circulation problems (peripheral vascular disease):

Consumption of Garlic oil and eating weekly is beneficial to these conditions.

Threadworms Treatment:

An old remedy was adding crushed garlic (oil and juice) to a glass of warm milk and drank on empty stomach first thing in morning and before bedtime. (Also See wormwood).

Leg numbness and Sciatica pain relief:

Crush garlic to release the extracts in to 1 cup of warn milk and drink 1 cup 3 times a day until pain eases or vanishes since it is very safe for long term daily use. Recommended to take



other herbal infusion teas for blood flow and vein repair as well in case the pain in legs maybe related, and also soak in hot herbal baths like witch hazel once a week. (See also Arnica, Witch hazel, found in this e-book).

Other Remedies:

There are reports of over 125 medical uses for Garlic to date. Listed above are the well known tested uses of the plant, the others may not have any proof of medical benefits. Garlic has been reported to help other known conditions. Research is still being done on its effectiveness of other conditions, such as conditions like primary pulmonary hypertension.

Facts:

A bulb-forming herb of the Liliaceae (lily family) and used for medical conditions dating back 3000BC. The oil of garlic contains the amino acid allicin. Often used to flavour foods when cooking.

Warnings:

Some herbal and diet supplement products have been found to contain possibly harmful impurities and additives. Side effects, although uncommon have been reported, such as stomach upsets, gas, heartburn and rashes. Garlic should be used with caution after surgery or serious injury, since its anti-clotting properties, it may increase the chance of bleeding problems. Liquid preparations of this product may contain sugar and/or alcohol. Caution is advised if you have diabetes, alcohol dependence or liver disease.



Over Active Thyroids Treatment:

2-5 drops of tincture to 1 glass of water, take 3 times daily for the longest period of time, depending on sensitivity of the user. Higher dosages can be taken, but always start on the least dosage as it effects people differently. It is generally known to be a safe treatment. Avoid iodised sea salt and high iodine foods if suffering from this, as it causes heart palpitations. Iodine was added to salt in modern times to prevent common Goitre.

Calming Effect and Reduce Rapid Heart Beats:

5 to 20 drops of tincture in a glass of water. Start on lower dosage first as you may be more sensitive to the extract. Avoid taking Caffeine and cigarette smoking since they are stimulants.

Facts:

Normally found in Europe mountain areas about 3000 feet up and also a plant variety found in the state of Virginia in USA.



Diuretic, bowels and kidney cleanser:

Standard Infusion tea of dried herb ½ to 1 teaspoon in 1 cup of warm water. Taken daily for 2 to 5 days or when needed. It is a safe herb that's been used for centuries by Europeans. But some people may have side effects.

Wound Healing:

Applying a poultice with juice extract and bunch of fresh leaves made from the herb to the wound or soak in an herbal extract of dried leaves in a warm or hot bath to allow the compounds to absorb in to the skin and wound area.

Reduce inflammation, relieve muscle spasms, and lower blood pressure with good antioxidant effects:

Standard infusion tea taken when needed.

Arthritis and Gout reducer:

Standard infusion tea of dried herb of ½ to 1 teaspoon in 1 cup of warm water, taken 3 times daily until inflammation improves and you don't suffer any other side effects.

Anti-inflammatory and antimicrobial for Colds and flu's and Sore throat treatment:

Standard infusion tea of dried herb of ½ to 1 teaspoon in 1 cup of warm water, sipped 2 or 3 times daily.

Facts:

European goldenrod is a perennial often found along roadsides and in open fields with single woody stems that grow to heights of 3 to 7 feet with yellow flowers.



Slimming and Health boost properties (with juice only days):

Juiced raw and only drink for one whole day for your main meals with no other food. Only do this once a week with a proper diet of balanced meals on the other days of the week. You might need many grapes to make enough juice but you can add just a little water to the mix. You should be drinking plenty of fresh water throughout the day anyhow, 4 or 5 glasses. Some hunger can be triggered because you haven't drunk enough fluids in the day, and becoming slightly dehydrated. Excessive drinking of water may mean your diabetic and everyone now days should get a regular blood test done to check this out to be on the safe side. Note, excessive citric fruit consumption like lemons can be harmful to your liver and damage your health. Do not over diet either. (Also see Grape Juice in this e-book)

Heart Diseases, Strokes and Heart attacks reduction and Arteries anti-clotting:

Drinking 1 glass of raw fresh juice from red grapes to un-clot blood thus lowering heart attack risks. Also purple grape juice was found to keep healthy arteries as well.

In recent research, in the year 2005, of a 1000 heart problem patients tested has given amazing statistics of up to 50% reduction in heart attacks and disease, or repeat stroke and heart attack victims just by them drinking one standard glass of red wine daily with their main meal. If the meals were cooked using olive oil (A non saturated oil – a good healthy oil) and only used olive oil or the patients went on to a modified 'Mediterranean Diet' with salads and mono unsaturated oils, eaten with the daily red wine it gave even better long term results in the reduction of heart disease.

Facts:

The grapes are a fruit that grows from leafy vines that flourish only where it gets adequate levels of warmth, water and daylight. It generally grows the best between the latitudes 30° to 50° north and south of the equator

There are several coloured grapes ranging from black, purple, red, and light green, with under ripe grapes appearing dark green. The fruit are always hanging off the vine. There are thousands of varieties of vines,

The reason for the numerous varieties is that grape vines have a tendency to mutate and cross breed with ease.

Most wine grapes are made from the European species *Vitis Vinifera*, which is considered to be superior to the American vine species.

Grape juice consists of naturally occurring sugars called fructose and glucose.

Purple grape juice contains powerful disease-fighting antioxidants, called flavonoids, and contains more antioxidants than other popular fruit and vegetable juices.

Recently it was discovered that red grape juice contains compounds that inhibit blood clots. Because of this property grape juice has been recommended for people at risk for heart disease.

Grape juice contains also vitamin C.

Grape seed oil is a vegetable oil pressed from the seeds of *Vitis Vinifera* grapes, an abundant by product of wine making.

Grape seed oil is used for salad dressings and skin repair lotions and it naturally contains Vitamin E, Vitamin C and Beta-Carotene, and Vitamin D (A fat-soluble vitamin that prevents rickets)



Lowering cholesterol levels and reducing Strokes, Increasing Calcium absorption, aids vein repair and blood flow, and Health Tonic and Slimming Aid:

Eat ½ a grapefruit half in the morning with breakfast, and one glass of fresh squeezed juice with water added with water added, 30-60 minutes after lunch.

1 Grapefruit has about 190-220 calories and natural fibre by eating the whole fruit. It will suppress hunger and it contains many vital properties the body needs, including calcium and 70% of our daily Vitamin C requirement,

Sore throat, Bad Breath and Flu reducer:

Like the lemon and orange being the same citrus fruit family, it has similar properties for these conditions.

Drinking ¼ to ½ of fresh concentrate squeeze juice when needed or sucking on a ¼ slice of fruit every hour for its vitamins and natural acids and placed on the tongue to reduce bacteria and bad breath. (Also see Lemon).

Facts:

There are three major types of grapefruit. The white, pink/red, and Star Ruby/Rio red varieties. All grapefruit have a similar tangy-sweet flavour and full of liquid juice with the pink or red varieties containing more vitamins than the white varieties. It originates from the West Indies, such as Jamaica in the early 1700s and first introduced to Florida in the 1820s where it mainly grows in America. The plant likes warmer climates and rich damp soils.

The tree was named because of the way it grows in clusters (like grapes) on the tree.

A member of the citrus family, each fruit consists of Vitamin C (called ascorbic acid), Vitamin A, B6, B12, potassium, Calcium, Iron, Magnesium, Phosphorus, Sodium, Zinc, Copper, Manganese, Thiamine, Riboflavin, Pantothenic acid, Folic acid, Fatty acids, Tryptophan, Lysine, Methionine and pectin (a soluble fibre).

It is said to increase the metabolic rate, and thus the burning of fat and enabling rapid weight loss.

Warnings:

Grapefruit can affect the absorption rate of drug medications and should be avoided if you take juice for health tonics or eat the fruit whole.

Some medications which may be affected by grapefruit juice include: midazolam, cyclosporin, lovastatin, simvastatin, and pravastatin, and Thyroid, allergy and depression medications.



Blood vessel conditioner and blood pressure normaliser and high pressure reducer:

Drink an infusion tea made from the plants berries (1 teaspoon diced fresh berries or 0.3 to 1gm of dried berries or even ground leaf mix if the berries not available to 1 cup of boiled water and left to steep for 10 minutes), and taken up to 3 times daily. Combining with other herbs like Arnica is beneficial for problem blood flows.

It has a very strong reputation as a safe remedy for the heart. If you wish you can also take a Hawthorn berry tincture made to 1:5 ratio in 45% alcohol taken with the dosage of 1 to 2ml (drops) taken three times daily.

Tinctures are ideal when fresh and dried berries are available and can store in the medical cabinet for months, and even years.

Facts:

Hawthorn is the name of a large group of shrubs and small trees in the genus *Crataegus*, which bears small fruit that resemble small apples with thorny branches. It has white flowers when blooming.

There are over 1000 species and are native to the temperate northern hemisphere.

The flowers, leaves and berries have been used for many centuries to aid circulation by herbalists.

Native Americans also used hawthorn as a heart medicine, gastrointestinal aid, health tonic and used in poultices for treating wounds.

Compounds the plant has include flavonoids, such as luteolin-7 glucoside, hyperoside , vitexin 4'-rhamnoside, O-glycosides, quercetin, rutin and a powerful antioxidant that protects cells of the cardiovascular system from free radicals

It is one of the best and safest natural medicines for treating the heart and blood problems.

Warnings:

Although it has shown to be very safe plant to use over long periods, it can cause some side effects like nausea, fatigue, sweating and rash on the hands when handled.



Cramps, Spasms and Menstrual cramps:

A decoction made from the fresh or dried leaf, flowers and ground seeds of this plant added to a warm or hot bath to soak the affected areas of the body will ease the cramps. You can add other herbs in to the mix like Arnica flower tincture and butterbur as an external herbal tonic allowing the chemicals to absorb into the skin and surface veins.

Silica Deficiency and Brittle Nails treatment:

Drinking an infusion daily for 1 to 2 weeks initially and then take twice a month will help keep levels of Silica topped up within your body. Ideally, if you are suffering from brittle nails its recommend you also eat plants with high levels of calcium like cabbage. (See Stinging Nettles, Cabbage in this e-book).

Inflammation of the veins, varicose veins and thrombosis, and other venous problems:

Drinking an infusion of horse chestnut extract, as a tonic normally combined with other circulation herbs like Sweet clover, witch hazel or Arnica. Even used by expecting mothers who suffer worse from thrombosis and sore veins.



Mucous membrane cleanser, Immune and lymphatic System Booster and cold preventative:

Eating raw grated horseradish over hot foods and adding to salads is a great way to get the trace elements and extracts it offers. Daily horseradish of one teaspoon is recommended if you're suffering from a lymphatic disorder.

Bonus recipe (Horseradish condiment):

Peel 1 or 2 medium horseradish roots so the skin is completely off leaving no dirt.

Slice the horseradish root in to small stripes of ½ an inch and place in a blender with white vinegar, about 1 to 3 tablespoons, depending how much paste you want to make. Enough vinegar to product a soft paste from the pulp.

Finally, mix it with 1 or 2 tablespoons of mayonnaise (optional) this will give it a milder taste.

Facts:

It is originally from south eastern Europe. It's a perennial and loves full sun and regular watering.

This coarse weedy plant gets very large, about 3-feet. It is grown for its white roots that are strong in flavour and used as a condiment for adding to foods like beef steak meat.



Diuretic, bowels and kidney stimulant and cleanser:

Standard Infusion tea

Silica Deficiency and Brittle Nails treatment:

Drinking an infusion daily for 1 to 2 weeks initially and then take twice a month will help keep levels on Silica topped up. Maybe taken by pregnant females in moderate dosages but consult your doctor. It is one of the best sources for organic Silica.

For brittle nails also eating cabbage or Nettles are recommended.

Skin Repair:

Soaking in a hot bath with this herb added aids the skin rejuvenation.

**Diarrhoea treatment:**

Boiled as a tea and sipped during the day you are suffering, but not used excessively per week. Recommended that using charcoal (See lime wood) to absorb toxins in the system, as poisons can enter just from foods you eat and the inner fermentation processes.

**Severe Inflamed mucous membranes or ease cough and Bronchitis:**

A standard infusion tea made from the leaves. Either Dried or fresh. 1 teaspoon to 1 cup of hot water for dried leaf. Taken 2 times daily.



Tapeworm Treatment:

Kamala red powder taken from surface of the fruit and take internally one teaspoon mixed with honey so it's easy to swallow and then take a glass of water. Take on an empty stomach first thing in the morning.

Do not over dose and only take it once. It is generally effective the first time, so shouldn't need to be taken again, but if you do allow 2 weeks before repeating. It can cause griping and nausea and the dead tapeworm normal shows in a stool on the 2 or 3rd time. Tapeworms are the most dangerous worm to be infected with, especially since they can enter the blood stream and settle and grow in a person's brain killing them. Only recommended for adults and pets.

Often Tapeworms eggs are found in raw meats and fish, so make sure food is well cooked while infected or as a prevention of re-infection.

Also worms are more common in the tropical areas of the world and asia.

Dosages can range from 2 to 8g only. (Also see wormwood for other worm infection treatments)

Scabies, Wildfire and similar Skin eruptions:

Rubbing the powder on to the effected skin area.

Facts:

A very common small Indian tree that grows to 30 feet and has small three-celled capsular fruits which are densely covered with a reddish-brown powder that is easily detached by rubbing and then filtered leaving the pure powder herbal drug. It occurs as a fine, mobile, dull reddish-brown powder, without odour or any marked taste. There are glands and hairs covering the fruits.

The root of the tree and ground in to a orange powder is used to make an orange-red dye for silk and wool

Other names it is called are Glandulae Rottelerae, Kamcela, Spoonwood, and Röttlera tinctorial.

All parts of the tree can be used as external applications for parasitic infections of the skin.

Slimming Properties:

Eaten with salads can help metabolic rate, plus it has many good trace elements and vitamins and health properties.

**Salt Replacement with rich Natural Iodine and prevention of Arteriosclerosis (Hardening of the Arteries) :**

Dried powdered kelp with its natural salty flavour and vital trace elements is an ideal replacement for table salt as many foods contain salt. This is a good way to still add seasoning to foods, but in a healthier way. Just sprinkle some kelp on foods to give it a salty taste.

Kelp contains a rich natural source of Iodine which is needed to prevent Goitre. Goitre was a common condition for those not living on sea coasts, until the invention of iodised table sea salt. However, the body only needs small trace amounts, as large amounts are actually poisonous and bad for those with over active thyroids.



Aids Virus resistance benefits, Immune system booster and health vitamin tonic:

Juice 2 fresh kiwifruit with 1 to 2 oranges, ½ to 1 lemon, and 2 apples, dozen red grapes and 1 medium raw carrot, with a few drops of Echinacea tincture, and drink daily will increase vital vitamins and natural enzymes and increase ones energy levels. Fresh raw fruit and vegetable juices are a great health tonic for everyone of any age. Each juice has its own health properties, thus combining their beneficial properties. Also, a change of diet is needed if one is suffering from Aids Virus or a serious illness or heart condition by avoiding meats and eggs with animal proteins and additives, and only consume vegetables like Carrots, Avocados, Cabbage and green salads with fresh Garlic and a pinch of dried seaweed powder daily for natural calcium, salts, trace elements, trace compounds and plant proteins, that boost blood flow and promote healing. (see individual plants and fruit details else where in this e-book for more detailed information)

Constipation and Bowel movement enhancer:

Eat 2 to 4 fruit washed and eaten with the skins on for extra fibre will induce bowel movements within 24 hours.

Facts:

Kiwifruit vines are extremely vigorous and long-lived, bearing fruit for 50 years or more. Now mostly grown in New Zealand (hence the name) and introduced in 1906, where the people have cross bred for larger sizes and sweetness than the original variety called Chinese gooseberry. The name kiwifruit became only known back in the 1960s when the American people began importing the fruit and gave its new nickname. There are more than 400 different varieties of kiwi fruit in China where it originates and the fruit have been used for over 700 years for food and its medical properties.

The fruit are brown and fuzzy (small hairs) on the outside, and bright green on the inside with tiny black seeds. The shell or skin of the fruit can be eaten or peeled.

A typical fruit contains Vitamin A, Thiamine , B1, Riboflavin, B2 Niacin, Vitamin C, Calcium, Phosphorus, Iron , Sodium , Potassium, and essential amino and fatty acids, enzymes, Carbohydrates, fibre and proteins.

The fruit contain an enzyme Actinidin which breaks down proteins in dairy products and can be used to tenderize meats by rubbing a cut fruit on raw meat.

Warnings:

May not be good to eat too much if you're diabetic type 2.

**Kidney and bladder stones reduction and Diuretic:**

Drinking an infusion tea of 2 teaspoon of fresh diced plant stems in 1 cup of boiled water, steeped for 10 minutes, taken 3 times daily will help dissolve stones in the body.

Diarrhoea, bleeding piles and haemorrhages prevention and blood sugar reducing:

(As above – Herbal Tea).

Intestinal Worm treatment:

A decoction made from cut fresh herb taken 30 minutes after meals.

Nose Bleeds and skin sores:

The fresh juice squirted up the nose or rubbed on affect skin sore.

Facts:

It is abundant everywhere, being a common weed in arable land normally in open fields or roadsides. It grows in variable sizes with straight stems that produce seeds.

It contains flavonoids together with soluble silicate acid and tannins that act as diuretic, and can cause a small reduction of blood sugar concentration.



Chronic fatigue and viral hepatitis reducer, Colds and Sore throat preventative, Immune system booster and cancer fighting properties:

Chewing the fresh raw plant bark for its sap to coat the mouth, throat and air ways or ground bark extract (400mg) when fresh bark not available or for just boosting the immune system, taken up to 3 times daily.

It has been used by children and adults safely

It will also increase the healthy bacteria in the gastrointestinal tract.

Facts:

A tree naturally found in mountains of Europe. It is a deciduous, coniferous tree up to 50 m high, with a greyish-brown bark, falling off in small plates. It is widely planted but now is regenerating naturally from seed in many places. It was introduced to Britain in the 1620's.

In addition to its medical applications, the FDA has approved arabinogalactan for use in food products, as a food stabilizer, emulsifier, and sweetener. It also an excellent source of fibre.

While there are two sources of the Larch extract—the western larch (*Larix occidentalis*) and the Mongolian larch (*Larix dahurica*), mostly the western variety is used.

It has been discovered that the benefits of larch extract may play a supportive role in the treatment of cancer. There is evidence that larch extract can help fight cancers that are triggered by lowered activity of natural killer (NK) cells.



Oral Hygiene, Sore Throat, Mouth and Tonsils cleansing and Reduce bad breath:

Cut a slice or fresh lemon to suck daily. The acid content will reduce the bacteria in the mouth, freshen the breath and ease the throat. The 'vitamin C' will help if have the flu as well. You could also extract a whole lemon for its juice and drink and hold the juice in the mouth and gargle before swallowing.

Treatment of various types of cough, bronchitis, asthma and other throat and chest problems:

In chronic bronchitis and smokers' cough taking two or three times a day with honey crushed powders of one gram each of liquorice and pippali (magha) is a trusted home remedy.

Acid Peptic Disease treatment:

Its antacid and anti-ulcer properties make it a suitable adjunct in the acid peptic disease. Liquorice is a good medicine for hyperacidity. Taking one or two grams of liquorice powder gives immediate relief from pain and burning of the epigastrium. In case of stomach ulcer it can be taken with coconut water. In non-specific urethritis and burning micturation one gram of liquorice powder can be taken along with half a gram of giloy satva. This combination is very effective in gynaecological afflictions like leucorrhoea.

Other remedies:

Improves the voice, promotes body weight, allays fatigue and excessive thirst and healing properties and is beneficial for the reproductive system of both males and females and causes increased blood pressure. A small piece of raw liquorice, if chewed or sucked, provides amiable relief.

Facts:

Only eat the Root of the plant as parts of similar-looking plants and stem pieces of liquorice are often sold in place of the liquorice root to fool the buyer.

Sweet in taste and heavy, unctuous and cold in effect, liquorice pacifies vitiated vata and pitta. The liquorice root chiefly contains an active principle called glycyrrhizin, which is many times sweeter than cane sugar. Besides, glucose, potassium, calcium, starch and vitamin B complex, modern researchers have identified a number of other constituents in liquorice which are responsible for its broad range of effect on the body. Liquorice grows wild but is also cultivated in sub-tropical and warm regions in many parts of the world including India. It is the root of the plant which constitutes the drug.

Warning: Liquorice should not be used by those suffering from high blood pressure, diabetes, glaucoma, heart disease or a history of stroke, kidney disease, or by those who are obese. Best to avoid long term consumption while pregnant. The prolonged and uninterrupted use of liquorice may cause an imbalance of sodium and potassium resulting in increased body weight and puffiness of the face.



**Sore Throat and Oral Hygiene treatment:**

(Same Properties Like Lemon but a less sharp taste)
Suck on a slice of lime daily will help sooth the throat and
Reduce bacteria in the mouth.

**Heartburn or Stomach and intestinal mucous membranes inflammation reducing:**

Charcoal / Wood ash made from lime wood is ideal for
Neutralising stomach acid when its crushed in to a powder and
mixed with small amount of water and drank. You can also
Sprinkle over porridge or similar to make it easier to consume.
Make sure the wood ash is grown naturally and not sprayed
with pesticides or treated wood (such as arsenic treated) that
you burn on your open fire to produce the charcoal in the first
place, or if you bought the pre-made charcoal from a shop.

**Constipation treatment:**

Grind linseeds in to a powder and take one tablespoon with
one glass of water first thing mornings and 1 hour after main
meal.

Kidney and bladder stones prevention and reduction:

A old time tested remedy for stones removal are 20-50 drops of tincture made from root extract in 1 cup of water taken 3 times daily, for as long as needed (typically 3-4 weeks) and repeat again after 3-4 months break even if stones have disappeared. Ideally, if you can get an extract with lucidin removed will be safer for long term use (see warnings). Some pre-made formulas are available that include other herbs listed in this book such as Burdock and Chanca piedra, which lessen some side effects (like lucidin) and promote healing and blood flow.

Facts:

Used to dye clothing red and added to various cosmetic products like shampoos and hair treatments.

Warnings:

Madder root contains lucidin which *may* be mutagenic and carcinogenic to humans from some new research on rats and bacteria mutations, so therefore avoid long term use and avoid high dosages are recommended. Do not use if pregnant obviously. There are occasional cases of red coloration of the urine from its use.



Mallow Common (Malva Rotundifolia / Malva sylvestris)

Medical Uses

Eye sores and inflammations treatment:

Combining 1-2 teaspoons of dried leaf or 6-12 sliced fresh leaves in 1 cup of warm water and adding 2 drops of Echinacea tincture to the infusion and Cleansing/flushing the eyes and tear ducts to kill bacterial infections with its anti-inflammatory and anti-bacterial properties.

Soothes irritated or inflamed mucous membrane, asthma, sore throats, and most irritations of the oral and pharyngeal mucosa treatment:

Infusion tea made from 1-2 teaspoons dried leave mixed with 1 cup of water, and drink 1-3 times daily.

Inflammation and ulceration of the digestive tract and urinary tract infections treatment:

Infusion tea made from 1-2 teaspoons dried leave mixed with 1 cup of water, and drink 1-3 times daily.





Strengthens and invigorates the nerve tissues in muscles, heart and brain, capillary vessels maintainer and Anaemia Reducer:

Drinking the juice of 1 or 2 mangos in a glass and drank daily after meal. Adding other juices such as passionfruit and orange can be a more flavoured drink and added health properties.

Healing and cancer-preventing properties:

Eating 1 fruit daily after main meal or daily ½ to 1 glass of mango juice after breakfast in the mornings.

Depression reducer and Calcium deficiency reducer:

Drink the fresh juice daily 15 minutes after breakfast.

Inflammation of the stomach mucus membranes and Gastritis reducer:

Used in Indian; a decoction made from the mango peel. 10 drops to 1 cup of water and drank when needed, 3 times a day until condition disappears or eases.

Antiinflammatory, diuretic, choloretic and cardi tonic, and Gall & Kidney Stones reducer:

Drinking an infusion tea made from the leaves of the mango tree when needed up to 3 times a day. About 10g a day.

Sore mouth and throat, highly antibacterial and Dental plaque and bad breath reducer:

Rinsing the mouth with a strong infusion made from the mango tree leaves will ease the affected areas as the Mangiferin contained in the leaves acts on the bacteria, reducing the build up.

Hemoptysis, haemorrhage, nasal catarrh, diarrhoea, ulcers, diphtheria, rheumatism and lumbrici treatment:

The fine ground powder of the dried bark of mango tree, made from ½ to 1 teaspoon mixed with 1 cup of hot water and drank when needed. The tannin in the bark like some other herbs acts on the mucus membranes.

Type I herpes simplex virus treatment:

Grind dried leaf powder of 1 tablespoon mixed with Aloe Vera Sap and apply the cream to the affected area of skin.

Diabetes Control:

Although not scientifically confirmed, it is said taking Mango juice & Jamun juice in equal proportion in a glass daily is good in controlling diabetes.

Burns of the skin treatment:

Burnt ashes of Mango leaves, applied on the burnt parts is said to give quick relief.

Coughs reliever:

Sucking on a slice of mango fruit in mouth will ease coughs and breathing passages.

Facts:

The mango tree grows from 10–30 m tall with almost evergreen leaves and is long-lived in that it can live for hundreds of years and still bear fruit.

It has been used for food and medical properties since 1000BC.

It is said that there are more than 2,000 varieties in the world.

The mango originates from the southern Asia, around the regions of east India and Myanmar, and is now spread all over the world's tropical regions, such as Australia.

When it grows from seeds, it will take at least 5 to 6 years before it bears its first fruit. The mature 10 year old trees can bear up to 3000 fruit each year depending on the variety. The fruit develops to maturity within 4 to 5 months after flowering.

Every part of Mango tree from the root, stems, barks, the blossoms; raw & ripe Mango and the seeds all have curative and medicinal properties.

Mangoes are full packed with vitamins A, B1, B2, B3, C, Folic Acid, Calcium, Iron, Zinc, Potassium, Magnesium, minerals and anti-oxidants, quercetin, isoquercitrin, astragalin, fisetin, gallic acid and methylgallat, tryptophan, enzymes such as magneferin, catechol oxidase and lactase and contain small amounts of proteins like glutamine, fats and calories.

They are perfect to replenish salts, vitamins and energy levels after physical exercise.

Ideal fruit for pregnant woman that require more calcium and trace elements.

Warnings:

Avoid eating the fruit on an empty stomach is recommended. Eating large quantities will lead to indigestion, constipation, gaseous, and in long term water blood impurities and maybe eye troubles.



Skin Rashes and warts removal treatment and bee and wasp stings pain reducing:

Rubbing the leaves or flowers to release the saps on the affected area. Also adding to a warm or hot bath and soaking the skin. Weak solution can be used on babies' rashes but great care not to allow baby to drink.

A tincture made from the flowers and leaves, and applying drops on the affected skin is also very good.

Adults can eat the leaves as a salad. Although is generally used externally.

Facts:

It has pale-green leaves and golden orange flowers. They are an unusually a "hardy" plant and can flourish in mild to cooler temperatures, as long as adequate sunlight is given.

Marigold is also known by the names Pot Marigold, Mary Gowles, Mary Bud, Calendula, Holigold, and Golds.

A yellow dye has also been extracted from the flower, by boiling.



Blood Pressure Reducer:

Few drops of a prepared tincture to glass water daily for 2-3 weeks and then when needed. Have a month break in between long periods of use as can loose its impact. Combine with other herb treatments should produce very good results.

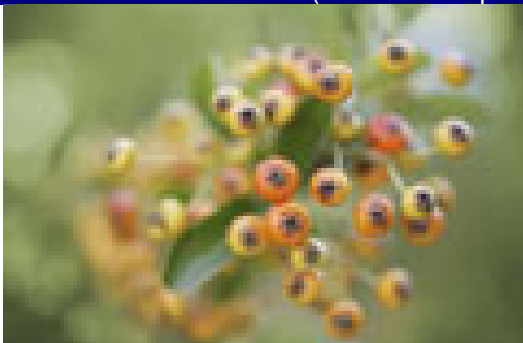
Cancer fighting and Cell Regeneration Aid:

Few drops of tincture 1-2 times daily as needed.

Arthritis and Gout reducing properties:

Few drops pf tincture 1-2 times daily as needed.

Note! Gout is a form of arthritis that develops when there is a build up of uric acid in the blood.



Throat Hoarseness or Loss of Voice:

Chewing the Berries for as long as possible and letting the insalivated juice soothe the throat.

**Diarrhoea treatment:**

Chewing raw oat flakes thoroughly making it well insalivated to be able to swallow it is the common natural solution for mild diarrhoea.

Only Idea for older children and adults obviously. Younger kids you can still try oatmeal porridge as cure, where its cook and not dry raw.

Severe case you should look at using Tormentil (also covered in this e-Book), which was widely used by English sailors, centuries ago for the treatment of bad Diarrhoea and haemorrhages.

**Streaming Cold/Runny Nose/Spring Cold treatment:**

Cut and slice an onion in half and add to a glass of freshly boiled water and remove after a few seconds and sip throughout the day after it has cooled. Drink cold or warm. First Sniff up salty water through the nose prior to drinking.

Use the cut halves placing on a flat dish allowing it to fill the room with Onion vapours. Ideally, next to your bed while you sleep and inhale the vapours.

Headaches reducing:

Applying a poultice made from mashed onions and some mashed cabbage leaves placed inside a cabbage leaf to the back of head allowing the chemicals to be absorbed through the skin and the slight fermentation process giving a warming effect will increase the blood flow around the neck to the brain.



Flu prevention, Immune system enhancer, and Health Tonic properties:

It has similar vitamin, acids and trace elements make up to that of other citrus fruits, especially the grapefruit.

1 glass of freshly juiced orange will give you all the daily recommended dosage of 'Vitamin C'.

Mixed with other fruit juices it can be a stronger health tonic and immune system booster. (see Also Grapefruit, Lemon, Apple, and Kiwifruit).

Constipation reducing and regular bowel movement promoter:

Eating a whole orange daily 30 minutes after main meal will aid digestion and improve bowel movements with the increased fibrous content.

Increase Calcium absorption and vein repair, reduce strokes, improve vision, Slow aging:

½ to 1 glass of pure orange juice first thing on empty stomach, 30 minutes before breakfast or lunch.

Rich in Antioxidants is said to aid healing and slow aging.

Facts:

There are 4 varieties of orange trees. The origins of the tree suggest it was first found growing in south or central America (most likely Brazil), and has been used for many centuries for food and medicines and the prevention of scurvy from a lack of vitamin C and night blindness from the lack of Vitamin A, which is unheard of in the modern world, because of the large availability of citrus fruit and juices that are eaten daily.

The orange tree can live up to hundred years of age. It has shiny, dark green leaves and sweetly fragrant white flowers. It likes warmer climates with plenty of sun with damp nutrient soils with plenty of water.

The most grown fruit world wide with the juice and even the peel used to flavour food and drinks, and the essential oil from the peel used in cosmetic products, cleaning products and medicines.

Oranges contain many antioxidants that help protect your health, it a great source for the following Vitamin C (called ascorbic acid), Vitamin A, B6, B12, E, potassium, Calcium, Iron, Magnesium, Phosphorus, Sodium, Zinc, Copper, Manganese, Selenium, Thiamine , Riboflavin, Pantothenic acid, Folic acid, Fatty acids, and 12 amino acids from Tryptophan, Cystine, Isoleucine, Leucine, Lysine, Phenylalanine, Methionine, Tyrosine, Valine, Arginine , Histidine , Alanine , Aspartic acid , Glutamic acid , Glycine , Proline , Serine, and pectin (a soluble fibre).

Frozen fresh orange juice concentrate will maintain its vitamin C content longer.



Joint Pain reducer, Arthritis and Gout Prevention (Reduce Uric Acid build up):

Drinking tea brewed from parsley can ease painful joints. Note, avoid consumption of alcohol and offal and eat more alkaline foods will help neutralise acid build up in the body and cleanse it. Note! Gout is a form of arthritis that develops when there is a build up of uric acid in the blood.



Constipation reducer, Calming affect, Mild diuretic and Urinary tract infections inhibitor, Sore stomach easer, and General Heart and Health Tonic:

Eating 2 to 3 fresh passionfruit pulp with seeds daily will provide fibre, calcium and vital nutrients to ease the stomach and bowel. Ideally, a good flavour to add to other juiced fruits like the watermelon or mango or orange. Drinking 2 juiced fruit with 1 juiced orange and 2 slices of watermelon juiced in to 1 glass and drank first thing in the morning on empty stomach is a good health tonic.

The yellow fruit is said to have higher active ingredients and medical properties then the purple variety.

It's said 2 cups of yellow passionfruit juice will calm a hyperactive kid.

Treatment of asthma, whooping cough, and bronchitis:

Brewing a infusion tea made from the fresh flowers of the passionfruit vine (in Brazil the tea is called *maracuja grande*) will ease coughing and ease breathing. Drinking when needed, 1 to 3 times daily.

Facts:

There are over 200 species of fruit-bearing *Passiflora*. The sub-tropical passion fruit is native from southern Brazil through Paraguay to northern Argentina, which is the most eaten variety in the modern world. There is a tropical larger yellow variety (*Passiflora edulis*) that is less known and less eaten in the modern western countries. The yellow *edulis* originates from south America, and is the most widely cultivated species in the warm humid tropics, such as Brazil. It grows from seeds in to a leafy climbing vine sometimes up to 20 feet per year, preferring sub-tropical climate that do not have frost. It has white flowers when blooming. It prefers acid free rich soils, although will grow in most soils types with moderate watering. Best grown in the subtropics as high rainfall and humidity leads to fungal problems. It is ideally eaten fresh, but widely used as juice and pulp in yoghurts, ice cream, preserves and jams, flavouring, and in fruit juices. Passionfruit get its name from its flowers, which the Spanish missionaries thought resembled Christ's Passion, the crown of thorns. Cross-breeding the purple and yellow species has led to larger purple varieties now available in fruit stores of America and Australia.

The stems, leaves, flower and fruit are used for their medical properties.

The vine is also known to be called in south America and other countries are Maracuja, passionflower, saa't gulu, ward assa'ah, zahril aalaam, carkifelek, charkhi felek, maypop, maypop passionflower, saa't gulu, ward assa'ah, zahril aalaam, granadilla, passionvine, maracoc, and apricot-vine.

The passion fruit contains small amounts of Fat, Protein, Carbohydrate, and it has Sodium, Fibre, Vitamin A, Riboflavin, Niacin, Vitamin C (ascorbic acid), Citric-acid, Calcium, Iron, Magnesium, Potassium, Alkaloids, ascorbic-acid, beta-carotene, carotenoids, catalase, EO, ethyl-butyrate, ethyl-caproate, flavonoids, harman, malic-acid, N-hexyl-butyrate, N-hexyl-caproate, niacin, pectin-methylesterase, phenolase, phosphorus, , thiamin, and xanthophylls.

Peppermint (Mentha x piperita)

Medical Uses

Gastritis, irritable bowl syndrome, motion sickness, cramps, sooth gastrointestinal tract, and generally improving digestive system:

(See the recipe below). Drink ideally ½ an hour before meals on empty stomach or 1 to 2 hours after a meal.

It has been known that Peppermint herbal tea has been given to children for many centuries when they had an upset stomach.



Treating bacteria, fungal, and viral infections:

Rubbing the leaves and stem releasing its oil, on the infected areas of skin or drinking a tea for internal infections.

Relieving respiratory conditions, colds, and coughing and general energizer for tired muscles:

Drinking an Infusion tea as directed below and rubbing a bruised leaf releasing the oil on the skin on the chest or tired muscles on the body.

Peppermint will bring oxygen & blood flow to the surface muscles as well, improving healing and will aid in the increase of the persons energy levels.

Infusion recipe:

Soak 1 Tablespoon of dried leaf or 3 Tablespoons of fresh leaf (since its less dense then dried equivalent) in 6 to 8 ounces of boiling water for 10-15 minutes. Straining removing the solid particles. Drink one cup up to 4 times a day when needed.

Facts:

Peppermint was first discovered in 1750's in London, and since has been grown world wide by migrants. It is a hybrid of water mint and spearmint and has a sharper taste then spearmint, and is commonly used in green salads or added to boiled potatoes and meat of lamb for its flavouring. The leaves and stems contain a oil that is used for its health properties.

The plant itself can grow from 1 to 3 feet tall or more if it's left alone, and not pruned. It consists of purplish, square stems and oblong purplish leaves with pointed tips, distinct veins, and toothed edges. It produces

[Peppermint Continued]

small pink, white, or purple flowers at the end of each stem depending on the season.

Peppermint can actually be too easy to grow, and you should take care where you plant it as it will spread. Ideally, place it in a large pot in the garden to prevent its runners spreading it. Although it needs regularly watering to keep it healthy. Most pests won't eat it most dislike the strong taste.

Pimpernel (*Pimpinella saxifrage* or *magna*)

Medical Uses



Sore Throat and Hoarseness treatment:

Chewing the Root for its juice to sooth the throat.

Facts:

This is a perennial umbelliferous European plant growing on sunny hills, and in dry meadows and pastures. It is also naturalized, growing along roadsides and in waste places in the northern United States and Canada. The root has a strong, aromatic, yet unpleasant odour, and a sweetish, pungent, biting, aromatic, bitterish taste.

Potato (*Solanum tuberosum*)

Medical Uses



Heartburn treatment:

Finely grate a potato and squeeze out all the juice through a muslin cloth or alike (Or just juice with a modern electrical juicer that separates the pulp from the juice), then dilute in water, so its 1 part juice and 3 parts water. Drink 30 minutes before each meal of the day on a empty stomach. Only prepare it fresh for best results.

If you suffer from Heartburn daily, then it's most likely you will have to change your diet. Key factors are to keep of spicy foods and avoid sugar, white flour and salty products. It's also known intestinal worms and gallbladder dysfunction can cause heart burn so alternative medicine maybe needed.

Rheumatic and Arthritic conditions treatment:

Raw potato juice in the mornings on empty stomach can be beneficial. Half glass of juice with half warm water.

Itchy Skin reducer:

Rubbing a raw cut potato on the affected area may cure this. Note, Kidney dysfunction can course skin problems.

Other Facts:

Potatoes are high in vitamin C and potassium. In fact, just 1 medium potato has 45% of the vitamin C and 21% of the potassium and 12% of fiber our bodies need every day for good health. The potato skins also have nutrients. In fact, potato skins contain fiber, potassium, iron, calcium, zinc, phosphorus and B vitamins.

Average size potatoe has less then 100 calories

Origins:

The Andean Mountains of South America.

Side effects, although uncommon have been reported, such as stomach upsets, gas, heartburn and rashes.



Colds, Sore throat, coughs and flu and other upper respiratory conditions, immune system booster:

Drinking an infusion tea made from dried (2g) or fresh roots diced and soaked in 1 cup of boiled water for 10 minutes and drank when needed, but avoid long term use as it will lose its effectiveness. You can also take 400mg powder in capsule form.

General Internal Infections and Urinary tract infections reducing:

(As above)

A special injection form is used to treat Urinary Tract as well, and only available in certain countries.

Skin infections, wound infections, Burns and skin inflammation treatment:

Add a few drops of pre-made tincture (1 to 5 ratio of extract in an alcohol solution) to 1 cup of warm water. Apply to affected area of skin when needed

Periodontitis and gingivitis, (loose teeth and gum disease) treatment:

Brush and rinse out the mouth and teeth with salty water then rub drops of Echinacea via your clean finger or cotton ear bud on and around all the gums and affected areas at least daily, ideally 20 minutes after every meal and before bed. Alternatively, rinse mouth out (do not drink but spit it out) with 1 cup of water with 10 to 20 drops of tincture with some other beneficial herbs tinctures like peppermint, comfrey, myrrh and rhatany. Avoid eating foods with sugars (cane sugar) and starch and drink natural fruit juices, until the condition is healed completely is recommended.

Other Possible Remedies (i.e. Aids virus, Herpes, Bronchitis):

It's said to promote T-cell activation, and may be beneficial to Aids (Aids virus) patients and It may also increase resistance to herpes. Candida, bronchitis, herpes, and other infectious conditions. Although it's still being researched.

Facts:

Wild purple flower plants that form cone-shaped disks normally found in open plains of north America. Its roots were first used by native north American plains Indians to treat colds and treat open wound infections and a general immune system booster. It was one of their major herbal plants used more than any other herbs.

It grows at a rate of twelve to eighteen inches a year to a mature height of two to four feet.

It was later used by Europeans around the 1930's and now one of the main herbal flu treatments used today.

It's said to be non toxic and excellent safety record, but it shouldn't be used if you suffer from auto-immune disorders such as [TB] tuberculosis.

Only use it for short periods of a few weeks, ideally no more than 6 weeks with 2-12 month breaks in between, as long term use will lessen the effectiveness.



Constipation and Bowel Movement aid and Cleanser, Slight lowering of blood Cholesterol levels:

Similar to Linseed and Sesame seed, 1 teaspoon of coarsely ground seed or husk added to a cereal breakfast will stimulate bowel movement. You can also sprinkle a fine seed powder over hot meals to consume.

Psyllium fibre is not broken down as it passes down the gastrointestinal tract and so psyllium has no nutritive value other than as a source of fibre.

Facts:

The plant is native to Iran and North Western India.

The stalks contain tiny seeds, called psyllium seeds which are covered by husks, which are the part of the plant used in foods. The seed husk contains glycosides and mucilage's that are used in the food industry to form gels that give thickening and textural changes to processed foods.

Every 100 grams of psyllium provides 71 grams of soluble fibre; 13 times higher than that of oat bran. Soluble fibre is good for health as has unique effects on metabolism.



Constipation reducing and lowered blood-cholesterol levels properties:

Soaked PRUNES, taken on a empty stomach first thing in the mornings and 2 hours after your last meal at night time is a well know cure for this condition.

If you suffer constipation regularly, then you may need to look at your diet and make sure you are eating enough fibre in the diet, and drinking plenty of water throughout the day with enough daily exercise. Sometimes a person's mental state such as stress can affect ones bowel movements.

If you suffer daily problems of constipation followed by diarrhoea, then it could be a sign of a tumour in the colon and you would be best to seek medical attention.

Facts:

A prune is a fully ripened plum, which have been dried to remove most of the water content.

The most common variety of plum used for prunes and believed to have originated in Western Asia is D'Agen, as many plums are not suitable for drying in to a prune.

Ounce for ounce, prunes contain more fibre than dried beans and contain B vitamins and potassium.

Egyptians has been using prunes since 2150BC but the west didn't use then until the 12th century when the prune plum trees where exported.

Weak Bladder treatment:

An herbal bath of warm water, allowing the plant chemicals to absorb through the skin. Can be used in baby baths in a weak solution, but do not allow them to drink or suck water of the fingers.

Earache, Otitis (Ear inflammation) treatment:

One of the best herbs to use for infections of the ears by making a standard infusion tea and use to syringe the liquid in to the ear and drain it back out after 20 to 60 seconds and repeat as much as needed. Ear infections should be taken seriously as can lead to other problems and even meningitis.

Sore Throat reducing:

Gargle and hold for up to 30 seconds, an infusion tea in your throat and mouth and spit it back out.

**Diuretic, bowels and kidney cleanser:**

Standard Infusion tea made from the flowers taken 1 to 3 times daily 1 hour after meals for up to 1 week.

**Diarrhoea treatment:**

Boiled as a tea and sipped during the day you are suffering, but not used excessively per week. Recommended that using charcoal (See lime wood) from time to time; to absorb toxins in the system, as poisons can enter just from foods you eat and the inner fermentation processes.





Psoriasis lesions, Wounds, Acne, and other Skin conditions and anti-inflammatory:

Drink a decoction as directed in general recipe below, but you can also apply to the skin and effected areas, as a tincture ointment made by soaking the chopped fresh or dried root for days in an alcohol solution and straining into a jar. You can buy capsules of the dried ground root, as well from herbalists, as an easier to source.

Treatment of syphilis:

(As above)

Treatment of rheumatism:

(As Above)

General Medical Recipe:

½ to 1 cup of dried roots are boiled in 2-3 cups of stiller water for 10 minutes, in order to release the extracts such as the oil. This is a decoction opposed to a infusion tea as it needs heat to release the chemicals fully, although a infusion is classed better because heat will weaken its effectiveness. Hence why never boil longer then needed. Drink the strained brew 2-3 times daily.

Bonus Old Traditional Root Beer Recipe:

2 teaspoons sarsaparilla root
1 teaspoon liquorice root (natural sweetener)
1 teaspoon wintergreen leaves
1 teaspoon stevia leaves (optional for extra sweetness)
1/2 teaspoon cinnamon bark
2 cups water

Simmer herbs in the 2 cups of water for 10 minutes, and then remove from heat and let it cool. Strain the herbs and water mixture into 1.5 litres of cool water or carbonated water. Strain into a strong plastic container like a used soft drink bottle and cap tightly.

If it is not sweet enough still, then you can even add cane white sugar or honey to the mix. Add 1 to 5 tablespoons and taste to suit. Sugar is generally sweeter then honey so you may need to add more honey.

If you want to make a natural fizz you could add ½ cup of sugar and ¼ teaspoon of yeast granules and leave in a warm room for 12 hours, then chill.

Don't leave in direct sun light, but a warm dark place is best.

Other variations of root recipes exist with different combinations of ingredients like sassafras root and grated ginger root which maybe harder to source. Too many recipes to list in this e-book, but maybe liquorice don't suit, as can cause increased blood pressure. Also there are wines made from the root in similar manner.

Facts:

It's a woody vine that grows up to 50 meters long and produces small flowers and black, blue, or red berry-like fruits. It has prickly stems and shiny leaves with reddish-brown roots up to 3 m long. They are bitter tasting, sticky, and have no smell.

It's also known as False Sarsaparilla. Wild Sarsaparilla. Shot Bush. Small Spikenard. Wild Liquorice and Rabbit Root.

[Sarsaparilla Continued]

It grows in rows in swampy woods and thickets. All the Sarsaparillas species have medicinal properties and can be used in the same way. Smilax is considered to be the true Sarsaparilla but Americans often use the American Sarsaparilla, therefore it can be confusing which is being used or referred too.

Sarsaparilla Root and its oil has been used by central and south American Indians for many centuries for medical cures and health tonics, including its claim as a sexual impotence cure and sexual enhancer.

Sarsaparilla oil extract is used in modern times to make a popular carbonated sweet beverage. (its Called SARs in Australia). It's said to taste similar to some cough medicines, maybe because it was used to flavour medicine over the centuries. The most popular species for commercial use is the Jamaican Smilax Regelii. Home made root beer made from sarsaparilla roots is generally more "birch-y" tasting than the commercial brands which add additives like wintergreen oil extract to rid its bitterness.

Sarsaparilla vine should not be confused with the large Sasparilla and sassafras trees, which were also used to make a root type beer often drunk by European sailors.

Many chemicals exist in the root such as oils, smilasaponin, smilax saponins A-C, smiglaside A-E, smitilbin, stigmasterol, acetyl-parigenin, astilbin, beta-sitosterol, caffeoyl-shikimic acids, dihydroquercetin, diosgenin, engeletin, essential oils, epsilon-sitosterol, sarasaponin, sarsaparilloside, eucryphin, eurphylin, ferulic acid, glucopyranosides, isoastilbin, isoengeletin, kaempferol, parigenin, parillin, pollinastanol, resveratrol, rhamnose, saponin, sarsaponin, sarsapogenin, shikimic acid, sitosterol-d-glucoside, smilagenin, taxifolin, and titogenin.

Warnings:

Large doses may cause gastrointestinal upsets and interact with other medicines.

**Liver and Bowel Conditioner:**

One teaspoon to one tablespoon of seed or oil extract added cereal breakfast and main meal or added to fresh fruit salads daily.

Facts:

A great source of vegetable protein and unsaturated fatty acids with eight essential amino acids, Vitamin E and B Complex and of course fibre.

Grows in subtropical climates where it needs much sun light energy to grow.

Anti-diarrhoea and Anti-inflammatory:

Taken as a tea with the recommended dosage of one to three cups per day, using one teaspoonful of dried above ground herb per cup of boiling water.

Antioxidant with Cellular Regeneration:

(*as above*)

Cleansing and Detoxifying and Diuretic:

Leaves be used for their diuretic property and taken as an infusion with a dosage of 1oz (28g) to 1pt (568ml) of boiling water - in doses of 2fl oz (56ml).

Cancer reducing properties:

Mixing with 3 other herbs it has been used as an affective treatment to rid cancer of the liver and other tumours on internal organs
(see Essiac below).

Warnings:

Large doses of sheep sorrel tea may cause gastric disturbance, nausea, and diarrhoea due to anthraquinones-type laxative compounds. Large doses of the raw herb may even cause poisoning due to high oxalic acid and tannin content, so stick to known safe recipes and mixtures. Teas containing sheep sorrel (hot aqueous extracts of sorrel that do not contain any raw herb material) contain only trace amounts of oxalates, however manufactures of such teas should do routine testing to assure customers of safe levels.

Facts:

Traditionally used by 10 known native (Indian) tribes of Canada and the United States. They called it sour grass or sour weed, and used it as a food and for medicine.

Sheep sorrel also contains vitamins: C, A, B complex, D, E, K, P and U. Total vitamin C of the leaves varies from 750-1200mg/100g based on dry weight.

Widely know for its use in a Public Domain compound tea called Essiac, which is used to boost immune system and known to have cured ulcers and tumours, and benefits for cancer patients. Alot can be found on internet about the compound.

Sheep Sorrel is the most active herb in Essiac for stimulating cellular regeneration, detoxification and cleansing.

Below is 1 recipe how to make Essiac Herbal Tea:

Herb (look up the herbs in this e- book else where)	Amount		Form	Recipe % Approx.
Burdock root	24 oz's. (1.5 lb.)	680g	pea-size cut	53%



[Sheep Sorrel Continued]

Sheep Sorrel	16 oz's. (1 lb.)	453g	powdered	36%
Slippery Elm bark	4 oz's.	113g	powdered	9%
Turkish Rhubarb root	1 oz.	28.35g	powdered	2%

Mix the herbs together very thoroughly.

Use 1 cup of herb mix per 2 gallons distilled water each time you brew.

Preparation:

1. Mix the dry ingredients thoroughly.
2. Measure out desired amount of dry ingredients as per table.
3. Pour proportionate amount of water into the pot.
4. Bring water to a rolling boil with the lid on.
5. Stir dry ingredients into the boiling water and leave to boil but don't keep stirring and avoid burning ingredients.
6. Replace the pot lid and continue boiling at reduced heat for 10 minutes, so it simmers.
7. Turn off the stove. Scrape down sides of pot and stir mixture thoroughly.
8. Replace lid, let pot sit and cool undisturbed for 10-12 hours (overnight).
9. Reheat to steaming hot, but do not let it boil.
10. Turn off the heat and allow herbs to settle for a few minutes.
11. Pour hot liquid through sieve to catch sediment.
12. Use funnel to fill sterilized bottles, and put lids/caps on.
13. Allow the bottles to cool, then tighten lids/caps.
14. Store in dark cool place, always refrigerate an opened bottle.

Essiac contains no preservatives, discard unused amount after 5 days if not used in time, and store unopened bottles in a cool, dark place, or keep all the bottles in the refrigerator. Ideally, place the prepared tea liquid in brown plastic/glass bottles as UV light can affect its quality.

Don't freeze Essiac or warm it up in a microwave (Always add hot water to dilute and warm it).

Suggested Dosage:

For preventative use, 0.5 - 2 ounces a day. If you have an illness, then you would take from 2- 4 ounces per day. Always SHAKE the bottle vigorously to mix the sediment in it. It is suggested that you mix 2 ounces of Essiac tea liquid with 2 ounces of pure distilled water, heat it but don't boil, and sip it at least 1/2 hour before eating food and 2 hours after eating a meal.

Authors Side Note:

(See 'My Story' how Essiac reversed my own personal illness.)



Diarrhoea treatment:

Boiled as a tea and sipped during the day you are suffering, but not used excessively per week. Recommended that using charcoal (See lime wood) to absorb toxins in the system, as poisons can enter just from foods you eat and the inner fermentation processes.

Fact:

It was observed that monkeys in south America that eat poisonous nuts, also consumed local clay afterwards to absorb the toxins. Similar 'white clay' can be used by humans for the same effect.

There is also a special activated charcoal made from charcoaled coffee and wood charcoal that's more effective at toxins absorption.

Silverweed (Potentilla Anserina)



Diarrhoea Treatment:

Boiled as a tea and sipped during the day you are suffering, but not used excessively per week. Recommended that using charcoal (See lime wood) to absorb toxins in the system, as poisons can enter just from foods you eat and the inner fermentation processes.



Inflammatory Bowel Disease and Bronchitis treatment:

The Elm bark ground into powder should be light beige. A good tonic using one teaspoon of powder mixed with 1 glass of water take 30 minutes before food. It is healing and soothing to mucous membranes and lines stomach and intestines when taken.

Emotional or Nervous problems treatment:

Calcium content makes it a good calnative medicine. Drink as a tea when needed. Teaspoon of diluted powder in warmed water.

Antibiotic and Anti-Microbial effect:

Helps to remove toxins from the body; therefore, it promotes faster healing of cuts, burns, ulcers and wounds when its taken as a tonic tea. 1 teaspoon of powder with 1 glass hot water or taken in a prepared capsule with just elm ground powder making it easy to swallow and consume.

Cancer reducing properties:

Mixing with 3 other herbs it has been used as an affective treatment to rid cancer of the liver and other tumours on internal organs (see Essiac at the bottom of the paragraph for the Plant information on Sheep Sorrel).

Facts:

This elm tree is part of the Ulmaceae family; other members include nettles. It is a stately tree that reaches 60 feet. Its trunk bark is brown, but its branch bark is whitish. Its leaves are broad, rough, hairy on both sides, toothed, and the leaf buds are covered with dense yellow wool. The flowers are stalkless. This tree is also known as red elm, moose elm, or Indian elm. It is a favourite shade and ornamental tree. It is found throughout Canada and the U.S.

Slippery elm bark contains, as its primary ingredient, mucilage, as well as quantities of Gallic acid, phenols, starches, sugars, Vitamins A, B complex, C, K and P. It contains large amounts of calcium, magnesium, and sodium, as well as lesser amounts of chromium and selenium, and trace amounts of iron, phosphorous, silicon and zinc.

One of the main ingredients of ESSIA compound tea which is used in the treatment of cancer, tumours, and immune system enhancement. (**See Sheep Sorrel for Essiac Recipe**)

Warnings:

Allergic reactions are possible but uncommon. Sometimes the powdered commercial product is adulterated with flour or other starchy substances, so make sure its pure elm before consumption. Stripping the bark of the tree can kill it and must be done carefully and not excessively removed from one tree or in the wrong place on the tree.

General Remedies:

Like Peppermint but has a milder taste. It has also similar medical properties as Peppermint and generally used for stomach conditions and diuretic properties.
(See Peppermint for details).

**Facts:**

Like Peppermint, it's mainly eating raw or the oils are used for flavouring confectionery (lollies and sweets) and desserts, and added to foods and drinks for its flavouring. It is even used to flavour tooth paste.

It grows the same as Peppermint normally in damp fields or road sides and looks similar in appearance.

It consists of many vitamins and minerals, and the following compounds like beta-carotene, beta-sitosterol, acetic-acid, acetophenone, alpha-pinene, alpha-terpineol, apigenin, arginine, benzaldehyde, benzyl-alcohol, borneol, calcium, carvacrol, carvone, caryophyllene, diosmin, oleanolic-acid, perillyl-alcohol, ethanol, eugenol, farnesol, geraniol, hesperidin, limonene, luteolin, menthol, methionine, niacin, pulegone, rosmarinic-acid, terpinen-4-ol, thiamin, thymol, tryptophan, ursolic-acid.

Constipation and Migraine Headaches reducer:

Boil a handful of Nettles in a pan of milk, so the Nettle juice mixes in with the milk. Remove all the bulk of plant mass after its done, and only drink the Nettle milk first thing on a empty stomach, in the mornings.

Blood Purification treatment:

Eaten raw as a salad or mixed with a green mixed salad.

Prevent Skin Rashes, and Vitamin D deficiency, and Rickets:

Baby Nettles eaten with a spinach type salad and lemon juice (citric acid) dressing can replace vital vitamins, especially 'Vitamin D' that may be causing the skin problems.
Note! The lack of Vitamin D can also lead to a disease of Rickets.

Calcium deficiency and Brittle bones and nails treatment:

Again baby Nettles eaten with a spinach type salad and lemon juice (citric acid) dressing or finely chopped over boiled and other vegetables can increase calcium absorption, since its rich in calcium as well.

For brittle nails also eating Nettles with Horsetail plant herb is recommended. If Nettle not available then cabbage will do.



**Burns and Scalds treatment:**

Apply the Plants Oil Extract to the skin. An ideal mix that can be used on babies' skin is adding 2-3 drops of orange, mandarin or lemon oil extract to 10 drops of St Johns Wort Oil. Do a skin test first on a small area of skin, and wait 1 hour to make sure one is not allergic to the oil. Small percentage of people can react, so best to be safe. Generally, it's safe to use. It is said to reduce inflammation and reduce pain of the affected skin.

Inflammation of the veins, varicose veins and thrombosis treatment:

Combining with other herbs like Yarrow and Arnica root and drank as a standard infusion tea. Ideally, fresh herbs will be better then dried extracts. Soak equal amounts of each herb in 1 cup of warm water for 10-15 minutes.

Treatment of Depression:

Take an infusion tea when needed, up to 3 times daily. See the recipe below.

Ear pain from an ear infection:

Make a combination ear drop from equal parts of St Johns Wort, Garlic oil, Mullin Flower oil and calendula and 1 drop to each infected ear of either an adult or children over age of 6.

General Infusion tea:

Pour one cup of boiling water over 1 to 2 teaspoons of dried herb and steep for 10 minutes. Drink up to 2 cups per day for four to six weeks.

Facts:

A shrub plant with clusters of yellow flowers that have oval, elongate petals. The plant gets its name because it is often in full bloom in the month of June around the 24th, the birthday of John the Baptist.

Only the flowers and leaves are used for medicinal purposes which contain hype ricin and pseudohypericin compounds and essential oils.

Warnings:

It shouldn't be taken 1 week prior surgery or 1 month after surgery and may react with other medicines.

Do not take if pregnant.

If you have light skin and taking it often or in large doses should be particularly careful about skin sun exposure.

It also can cause in some people stomach upset, hives or other skin rash, fatigue, restlessness, headache, dry mouth, and feelings of dizziness.



Circulation enhancer and capillaries repair:

Drinking an infusion as a tonic normally combined with other circulation herbs and extracts like horse chestnut, witch hazel or Arnica.



Intestinal worms treatment:

A standard infusion tea (1 teaspoon dried plant to 1 cup of boiled water for 10 minutes). Drink when needed on an empty stomach and before bedtime (Also see Wormwood).



Fluxes of Blood, Nose Bleeds or Wounds or Piles treatment:

Tormentil is most excellent to stay all fluxes of blood or humours, whether at nose, mouth or belly, if root juice taken internally.

The juice or powder of the root, put into ointments, plasters and such things that are applied to external wounds or sores

Diarrhoea and Dysentery treatment:

Drinking a infusion tea 1 to 3 times daily. It is normally mixed with other herbs to make it more active and drinkable.

[Old English Sailor Recipe]

Compound Powder of Tormentil. Powdered Tormentil, 1 OZ; Powdered Marshmallow root, 1 OZ.; Powdered Ginger, 4 drachms, Powdered Galangal, 1 OZ.

Recommended that using charcoal (See lime wood) to absorb toxins in the system, as poisons can enter just from foods you eat and the inner fermentation processes.



Healing Properties:

Drinking tea once a day over a week, brewed from Pansy for a health drink that benefits skin regrowth. Ideal for skin cuts.

Chronic Liver Disease and Liver Cleanser:

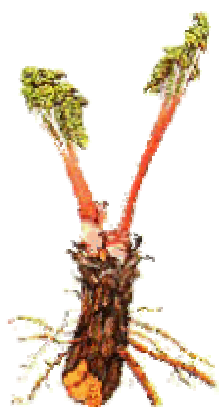
Taken as a tonic tea, ½ teaspoon dried powder root diluted in 1-3 glasses of warm or hot water and sipped.

Gentle Laxative:

Small dosage of powder root in a tea can stimulating the secretion of bile into the intestines and stimulates the gall duct to expel toxic waste matter causing some diarrhoea. Do not excessively consume though.

Cancer reducing properties:

Mixing with 3 other herbs it has been used as an affective treatment to rid cancer of the liver and other tumours on internal organs
(see Essiac at the bottom of the paragraph for the Plant information on Sheep Sorrel).



Facts:

The Turkish Rhubarb root contains vitamin A, many of the B complex, C, and P; calcium, chlorine, copper, iodine, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium, sulphur, and zinc.

Turkish Rhubarb must be purchased because its natural habitat is in China and Tibet.

Its not like common garden Rhubarb, as it tastes less bitter and seems to have the medical properties the common Rhubarb does not.

Its sometimes also called Indian Rhubarb.

One of the main ingredients of ESSIC compound tea which is used in the treatment of cancer, tumours, and immune system enhancement. (**See Sheep Sorrel for Essiac Recipe**)

**Sore Stomach reducer, Bowel movement improver, and Liver damage preventative:**

Drink one glass of fresh watermelon juice on empty stomach 30 minutes before breakfast.

Facts:

Watermelon is native to the Kalahari Desert in Africa, and was first harvested around 3000bc in Egypt.

The watermelon is mostly water (about 87 and 92 percent water); however it is an excellent source of Vitamin A and C, potassium, micronutrients and water-soluble fibre.

**Weak Lungs, Breathing Problems, Flu and Colds Easier:**

An herbal bath once a week is ideal for adults and also good for babies in weaker solutions but do not allow them to drink it as the chemicals are absorbed through the skin and vapours. Easing the breathing passage ways.

Bleeding of wounds and other fluxes of blood:

By Chewing the leaves, bark and seeds for its juice.

Headaches, Pain and Inflammations, Arthritis and Gout:

The bark of the Willow contains salicin, a naturally occurring compound similar to acetylsalicylic acid, the chemical name for aspirin. Aspirin is derived and used widely in modern times.

Now simply, by chewing on the bark to extract salicin in the mouths juices, will also help the head and inflammations, such as rheumatoid arthritis.

Much easier is to make a infusion by soaking fresh bark in water for 4-8 hours and drink the liquid.

Fevers, Diarrhoea and Dysentery:

A general tonic can be made for above as follows, by boiling 1 oz (28 g) of bark in 1 1/2 Pt (852 ml) of water until it measures 1 Pt (570 ml) is given in doses of 1-2 fl OZ (28-56 ml)

Facts:

Who invented aspirin? While no one person invented aspirin, the origin of aspirin as we know it came about through research. Going back to 400bc a recorded fact about a Greek physician Hippocrates prescribing the bark and leaves of the willow tree (rich in a substance called salicin) to relieve pain. German scientist around 1832 experimented with salicin and creates salicylic acid (SA) as a result. Later, In 1897, a German chemist with Friedrich Bayer and Company was searching for a treatment for his father's arthritic pain and began to research acetylsalicylic acid, which worked well. His discovery resulted in the development of a product introduced as Aspirin. By 1899, The Bayer Company was providing aspirin to physicians to give to their patients.

The willow trees are often found on edges of rivers and streams.

Widely round with drooping or hanging branches that touch the ground.





Inflammation of the veins, varicose veins and thrombosis, and other venous problems reducing:

Drinking an infusion as a tonic normally combined with other circulation herbs like Sweet clover, witch hazel or Arnica. Even used by expecting mothers who suffer worse from thrombosis and sore veins.

Facts:

Often used by North American Indians as a miracle plant.



Libido Reducing and Control:

Drinking infusion of wormwood every day or second day is said to help reduce sexual drive, when taken with a special diet and other juices. A diet that restricts certain foods consumed like eggs. Why would one want to reduce sex drive? Well, in some cases it's needed by some people and used in some state institutions.

Loss of appetite, indigestion and gastrointestinal problems treatment:

Drinking infusion of leaves and bark soaked in boiled water for a few hours when needed. (See recipe below).

Gallbladder disorders and flatulence treatment:

Drinking again infusion mixed with other beneficial intestinal herbs such as Slippery Elm can help with the condition.

Moderate antimicrobial and antifungal properties:

Preparing a lotion made by soaking barks and leaves in alcohol to release its oils for a couple of weeks and filtering out leaving the fluid. You can then apply on infected wound or skin. Soak feet and alike.

Expulsion of parasitic worms such as pinworms, roundworm and threadworm:

Again drinking an infusion tea (which contains its juice extracts and oils) twice a day, early mornings and before bed on empty stomach for up to one week to kill worms in the stomach, bowels and intestinal tracks. This is one of the most well known uses of the plant, and the main reason for its naming of Wormwood. Worms in humans can be fatal; some enter the blood stream and clog the heart and valves and even damage the liver. Most humans get worms once in their life span, since the microscopic eggs can float in air and get under finger nails

from touching pets and touching soil, plants and fruit skins, or just eating ham and raw fish. Even insect bites like mosquito bites can spread parasites. Some worms even borrow in to the feet via the toes and soles when walking barefoot on soil. Some signs of infection are restless sleeping, itchy nose, sores of feet or anal areas and sometimes the loss of appetite for fried foods with high fat content and oranges which make them feel sick.

Treatment of certain Cancers and Malaria:

Extracted oil mixed with cod liver oil and other herbs containing vitamin E, and infusion teas have shown to be beneficial to treating these illnesses and have been used for over 30 years around China and Asia.

General Infusion Recipe:

Wormwood tea can be made by adding 1/2 or 1 teaspoon (2.5 to 5 grams in metric scale) of the herb to 1 standard cup (250 ml) of boiling water, then steeping for fifteen minutes. Unless otherwise prescribed drink infusion several times a day a half-hour before meals.

Facts:

Wormwood is an extremely bitter medicinal herb native to Europe.

The Wormwood bush can grow to a height of 2-3 meters and found throughout the world now due to humans growing it for its properties. It produces a number of bushy stems that are covered with fine, silky grey-green hairs and depending on the season produces small yellow-green flowers.

Wormwood is well known because of the use of its oil to prepare certain alcoholic beverages, most notably vermouth and absinthe.

Warning:

Over use can have a range of undesirable effects from restlessness/insomnia to vomiting and abdominal pain, including vivid dreams.

Wormwood is not recommended for internal use for more than three weeks at a time due to the presence of thujone, which can cause convulsions. Thujone-free wormwood extracts are available so can use for long-term herbal therapeutic uses. Do not use for long periods and defiantly not if pregnant or breast feeding.



Inflammation of the veins, varicose veins and thrombosis treatment:

Combining fresh cut stems with other herbs like St. Johns Wort and Arnica root and drank as a standard infusion tea. Ideally, fresh herbs will be better than dried extracts. Soak equal amounts of each herb in 1 cup of warm water for 10-15 minutes. Also leaves, flowers and stem added to hot bath water to soak the legs in the herbal mix.

Toothache reliever and antiseptic properties:

Rub fresh leaf sap extract on the gums or rinse mouth out with a tincture of 10 to 40 drops made from fresh leaf and stem.

Regulates menstrual periods and stops bleeding:

Drink 2 teaspoons of fresh dice leaf in 1 cup of boiled water, steeped for 5 to 10 minutes, taken daily or every hour until bleeding stops.

If you got a bleeding wound you can place a bruised fresh leaf against it where the saps will cease the bleeding.

High blood pressure reducing, Regulates blood sugar levels and digestive problems treatment:

Drink 2 teaspoons of fresh dice leaf in 1 cup of boiled water, steeped for 5 to 10 minutes, taken daily.

Bonus (old country) Recipe:

(Yarrow Ale was a traditional drink at country weddings for many centuries.)

1 gallon distilled water (1 gallon equals 4.54609 litres)
 ½ cups light brown sugar
 1 cup organic un-sulphured molasses
 1 oz. dried Yarrow flowers (about 2 tea sized bags)
 1 packet of brewer's yeast

Bring the water to a boil then add the following ingredients of brown sugar, molasses, and ½ oz of Yarrow placed inside a muslin bag so it's filtered like a normal modern tea bag. Boil for another half hour. Remove the herb bag from pot and allow the liquid to cool to room temperature (it will take about 2 hours). While it cools, prepare a clean sterilised 1 gallon jar or pot with lid to pour the brew in to it (A very strong Sage Infusion was originally used to sterilise Jars and bottles but brew shops have sterilizing powder available). Pour the cooled liquid into the jar/pot with the lid. Dissolve the yeast in 1/2 cup of lukewarm water with 1 teaspoon of white sugar, and let it sit for about fifteen minutes. Add the yeast water mix (it should be foamy) to jar/pot, and suspend the remaining unused second muslin bag of Yarrow in the brew. Cover the jar loosely with plastic wrap or a loose lid, so the developing gas can escape. Let it foam up for 7 to 10 days. When the foam of the yeast on top disappears then it is ready to bottle. Wash and sterilize bottles ideally used 1 litre soft drink bottles. Add ½ a teaspoon of sugar to each bottle as this will activate the yeast again to produce just enough safe gas. Pour the Yarrow ale into bottles using a small plastic funnel and tighten a cap. Place the bottles in a cool spot for two weeks to carbonate, and then refrigerate to slow and kill the yeast and best drank chilled.

Facts:

[Yarrow Continued]

The Yarrow plant has been used throughout the ages for its healing properties

The plant thrives in poor soil and in a sunny position in the garden with good drainage and light soil.
The flower is white or pale lilac, looking like small daisies, in flattened, terminal loose heads, or chyme's and the leaves alternate around the stem and grow to 3 to 4 inches long and 1 inch broad

This plant has also been called all these following names throughout the world;
Achillea, Arrowroot, Bad Man's Plaything, Old Man's Mustard, Old Man's Pepper, Carpenter's Weed, Death Flower, Devil's Nettle, Eerie, Field Hops, Gearwe, Hundred Leaved Grass, Knight's Milfoil, Knyghten, Lady's Mantle, Milfoil, Militarist, Military Herb, Millefolium, Noble Yarrow, Nosebleed, , Sanguinary, Seven Year's Love, Snake's Grass, Soldier's Woundwort, Stanch Griss, Stanch Weed, Tansy, Thousand Seal, Wound Wort, Yarroway, and Yerw.

Warning:

Extended use may make skin light-sensitive.
Do not use during pregnancy or for undiagnosed bleeding.
Do Not take more than two weeks period.

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